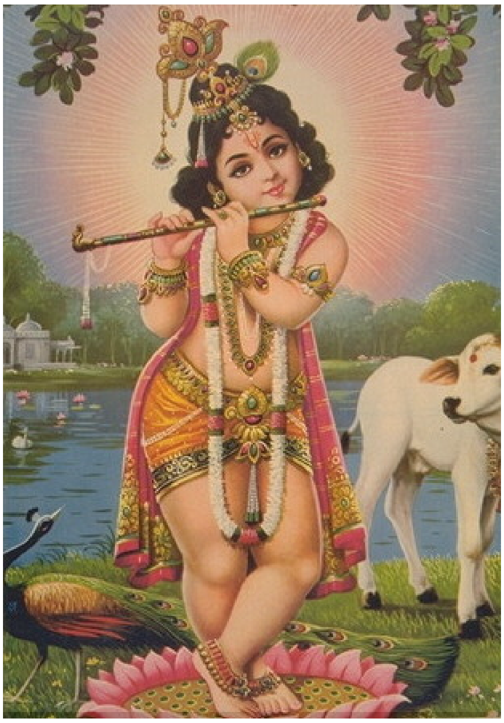
ॐ

Bala-Gokulam



Name: ______________

Shakha: ______________

Phone: ______________

Hindu Swayamsevak Sangh, USA

URL: http://www.balagokulam.org

Email: balagokulam@hssworld.org

"Let positive, strong, helpful thought enter into their brains from very childhood"

- Swami Vivekananda

ॐ

Bala-Gokulam

Inside …

Hindu Swayamsevak Sangh, USA

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

Welcome to Bala-Gokulam



Gokulam is the place where an ordinary cowherd boy blossomed into a divine incarnation. It is here that Krishna's magical days of childhood were spent and his powers came to be recognized.

Every child has that spark of divinity within. Bala-Gokulam is a forum for children to discover and manifest that divinity. Bala-Gokulam will enable Hindu children in the US to appreciate their cultural roots, learn Hindu values in an enjoyable manner and make good friends. They will also develop a sense of Sewa, Service to humankind.

Our Goals are …

- To facilitate children to appreciate, learn and practice Hindu way of life.
- Instill pride and confidence in Hindu children about their identity.
- Raise Hindu awareness in the society around.
- Develop social awareness and leadership skills among children.

Activities In Bala-Gokulam



Children will have lots of fun while they learn. Activities are planned for their physical, intellectual, social and spiritual development. Weekly activities include:

Games Yoga

Arts Crafts Stories Bhajans Shlokas

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

Special Events

Festivals

Hindu Festivals like Ganesh Pooja, Raksha Bandhan and Guru Pooja are celebrated with a special focus on children's participation. Children will perform the pooja themselves and the meaning behind the festivals are explained.

Hindu Heritage Camp

Vacation can be magical. That's the time to explore, enjoy and make more friends. Hindu Heritage Camp of HSS conducted during vacations or any other weekends has been a favorite event for the children.

Community Service

Sewa or service is the best way for us to realize the divinity in all and serve the needy. Children from HSS Bala-Gokulam have visited elderly people in convalescent hospital, volunteered at Hindu Mandirs, actively participated in Human Race and have worked with other voluntary groups in serving the community.

"I make it a priority" **- Seema Shah (16), Houston,TX**

As a Hindu teenager living in America, I make it a priority to participate in cultural or religious activities. The society in this country has a great deal to offer whether it is in education, careers, or recreation. However, it does not give the spiritual and cultural guidance that Hinduism encompasses. Hindu children should realize the importance of their heritage.

The activities offered in Bala-Gokulams are excellent ways for Hindu children to learn about their culture and incorporate the teachings and values in their everyday lives. Furthermore, Bala-Gokulams fosters a productive learning environment that is different from schools.

The breadth of activities from games and exercise to education encourages the children to improve a variety of skills. They also motivate the children to stay committed to the regular Bala-Gokulam classes and partake in the Hindu community events. Thus, Bala-Gokulams are instrumental in providing the necessary cultural and religious education to Hindu children so they may retain and be proud of their Hindu identity.

Hindu Swayamsevak Sangh

A global movement dedicated to experiencing, preserving, and protecting Sanatana Dharma and Hindu Civilization.

Hindu, Heir To A Rich Heritage

Hindus are inheritors of the greatest and oldest legacy of humankind, Sanatana Dharma, the Eternal Truth.

While the rest of the world's ancient civilizations have crumbled and fallen, while the rest of the world's people look at their past and find it strange and alien, we as Hindus can still read the ancient scriptures of Bharat and find wisdom. We as Hindus can still visit the ancient temples of Bharat and worship the deities there.

Bharat has been the guardian of the Eternal Truth, and our ancestors lived and loved and struggled and died to ensure that this legacy would remain for you to enjoy and experience, to preserve and propagate.

Mission - Hindu Unity

It was the disunity of Hindus, the failure of one Hindu to identify himself with another Hindu, which had permitted foreigners to conquer Bharat and it is the disunity of Hindus that is responsible for present problems in Hindu society in Bharat and other countries. It would be the unity of Hindus, then, which would bring strength to Hindu society around the world and protect the Hindu civilization from again falling into despair.

Hindu Swayamsevak Sangh (HSS) has embarked on a mission to organize the Hindus. HSS is a global movement dedicated to experiencing, preserving, and propagating Sanatana Dharma and Hindu Civilization.

Swayamsevak or Sevika:

A Swayamsevak or Sevika is a self-inspired volunteer serving the cause of our Dharma and society as a silent penance.

Sangh:

"Sangh" means organization. When we work collectively in an organized manner, we will be more effective in achieving our Goal.

Devnagari Alphabets and Transliteration Scheme

अ आ इ ई उ ऊ ऋ ॠ ए ऐ ओ औ अं अः

a ā i ī u ū ṛ ṝ e ai o au aṁ aḥ

क ख ग घ ङ

ka kha ga gha ṅa

च छ ज झ ञ

ca cha ja jha ña

ट ठ ड ढ ण

ṭa ṭha ḍa ḍha ṇa

त थ द ध न

ta tha da dha na

प फ ब भ म

pa pha ba bha ma

य र ल व श ष स ह ळ क्ष ज्ञ

ya ra la va śa ṣa sa ha ḷa kṣa jña

Visit this web site to practice writing Devnagari Script

http://faculty.maxwell.syr.edu/jishnu/101/alphabet/

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

ॐ

शान्ति मन्त्राः - śānti mantrāḥ (Mantras for Peace)

The following verses are all śānti mantras. The śānti mantra is recited for peace. It is traditionally recited before chanting other mantras, before we begin the studies and at the beginning of any program.



ॐ सह नाववतु। सह नौ भुनक्तु।
सह वीर्यं करवावहै।
तेजस्विनावधीतमस्तु।
मा विद्विषावहै।
ॐ शान्तिः शान्तिः शान्तिः॥

om saha nāvavatu |
saha nau bhunaktu |
saha vīryaṁ karavāvahai |
tejasvināvadhītamastu |
mā vidviṣāvahaī |
om śāntiḥ śāntiḥ śāntiḥ ||

May Bhagwan protect both of us. May we be nourished together. May we work together. May our studies be brilliant. May we not fight with each other.

Peace. Peace. Peace.

(Note: Here the phrase 'both of us' refer to the teacher and student. This mantra captures the very essence of teaching and learning. Learning is a joint exploration by the Guru and the disciples. The phrase 'our studies' says that it's not the all-knowing teacher teaching the ignorant student, but both making a joint effort in understanding.)

ॐ पूर्णमदः पूर्णमिदम् पूर्णात् पूर्णमुदच्यते ।
पूर्णस्य पूर्णमादाय पूर्णमेवावशिष्यते ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om pūrṇamadaḥ pūrṇamidam pūrṇāt pūrṇamudacyate |
pūrṇasya pūrṇamādāya pūrṇamevāvaśiṣyate |
om śāntiḥ śāntiḥ śāntiḥ ||

OM! That is Full. This is Full. From that Full, this Full has come; when this Full is taken from that Full It always remains Full! Om Peace, Peace, Peace!

ॐ द्यौः शान्तिरन्तरिक्षं शान्तिः
पृथिवी शान्तिरापः शान्तिरोषधयः शान्तिः ।
वनस्पतयः शान्तिर्विश्वे देवाः शान्तिर्ब्रह्म शान्तिः
सर्वं शान्तिः शान्तिरेव शान्तिः सा मा शान्तिरेधि ॥

om dyauḥ śāntirantarikṣaṁ śāntiḥ
pṛthivī śāntirāpaḥ śāntiroṣadhayaḥ śāntiḥ |
vanaspatayaḥ śāntirviśve devāḥ śāntirbrahma śāntiḥ
sarvaṁ śāntiḥ śāntireva śāntiḥ sā mā śāntiredhi ||

May there be peace in heaven. May there by peace in sky.
May there be peace on earth. May there be peace in waters.
May there be peace in plants. May there be peace in trees.
May there be peace in all divinities. May there be peace in Brahman. May there be peace in all. May peace come to me.

|| Selections from Veda Mantras ||
May all live happily

सर्वे भवन्तु सुखिनः ।
सर्वे सन्तु निरामयाः ॥
सर्वे भद्राणि पश्यन्तु ।
मा कश्चित् दुःखभाग्भवेत् ॥
ॐ शान्तिः शान्तिः शान्तिः ॥

sarve bhavantu sukhinaḥ |
sarve santu nirāmayāḥ ||
sarve bhadrāṇi paśyantu |
mā kaścit duḥkhabhāgbhavet ||
om śāntiḥ śāntiḥ śāntiḥ ||

May all live happily. May all enjoy good health. May all see auspiciousness. May none experience distress. May peace prevail everywhere.

Take Me From darkness to light

ॐ असतो मा सद्गमय ।
तमसो मा ज्योतिर्गमय ॥
मृत्योर्मा अमृतङ्गमय ।
ॐ शान्तिः शान्तिः शान्तिः ॥

om asato mā sadgamaya |
tamaso mā jyotirgamaya ||
mṛtyormā amṛtaṅgamaya |
om śāntiḥ śāntiḥ śāntiḥ ||

Bhagawan, lead me from untruth to Truth; Take me from darkness to light; from death to immortality. Let there be peace all around.

ॐ भद्रं कर्णेभिश्शृणुयाम देवाः ।
भद्रं पश्येमाक्षभिर्यजत्राः ।
स्थिरैरंगैः तुष्टुवागं् सस्तनूभिः ।
व्यशेम देवहितं यदायुः ॥

om bhadraṁ karṇebhiḥ śṛṇuyāma devāḥ |
bhadraṁ paśyemākṣabhiryajatrāḥ |
sthirairaṅgaiḥ tuṣṭuvāgṁ sastanūbhiḥ |
vyaśema devahitaṁ yadāyuḥ ||

Let us hear good things through our ears, see good things through our eyes and do good things through our bodies and please the Devas whereby our life span may be increased.

ॐ ईशा वास्यमिमिदं सर्वं यत्किञ्च जगत्यां जगत्।

तेन त्यक्तेन भुञ्जीथा मा गृधः कस्यस्विद्धनम्॥

om īśāvāsyamidaṁ sarvaṁ yatkiñca jagatyāṁ jagat |

tena tyaktena bhuñjīthā mā gṛdhaḥ kasyasviddhanam ||

All this is for habitation by the Bhagawan. We should enjoy whatever is left to us us by Bhagawan. We should not go after any one's possession.

गायत्री मंत्रः

ॐ भूर्भुवः स्वः। तत्सवितुर्वरेण्यम् भर्गो देवस्य धीमहि।

धियो यो नः प्रचोदयात् ॥

gāyatrī mantraḥ

om bhūrbhuvaḥ svaḥ | tatsaviturvareṇyam bhargo devasya dhīmahi|

dhiyo yo naḥ pracodayāt ||

We contemplate on the glory of Savita (the Sun God) that is in the earth, the sky, the heaven! May He enlighten our intellect.

नित्य विधि श्लोकाः - nitya vidhi ślokāḥ

(Daily Prayers)

Nityavidhi shlokas are recited at particular times during the day. The following shlokas are a few examples of nityavidhi shlokas. Every action we perform, even mundane things like taking bath, eating, etc., can be turned in to worship by chanting these mantras and contemplating on their meaning.

प्रातः स्मरणम् - prātaḥ smaraṇam

(Morning Prayer)

कराग्रे वसते लक्ष्मीः ।
करमध्ये सरस्वती ॥
करमूले तु गोविन्दः ।
प्रभाते करदर्शनम् ॥

karāgre vasate lakṣmīḥ |
karamadhye sarasvatī ||
karamūle tu govindaḥ |
prabhāte karadarśanam ||

Bhagawati Lakshmi dwells at the tip of the hand. In the center of the palm resides Sarasvati, the Bhagawati of wisdom. At the base of the palm is Govinda. Hence, one should look and meditate on the hand early in the morning.

॥ योगासन समये ॥ || yogāsana samaye ||

(Before doing Yogasana)

योगेन चित्तस्य पदेन वाचा
मलं शरीरस्य च वैद्यकेन ।
योऽपाकरोत्तं प्रवरं मुनीनां
पतञ्जलिं प्राञ्जलिरानतोऽस्मि ॥

yogena cittasya padena vācā
malaṁ śarīrasya ca vaidyakena |
yo'pākarottaṁ pravaraṁ munīnāṁ
patañjaliṁ prāñjalirānato'smi ||

With joined hands, I stay bowed to Patanjali-the preeminent among the sages, who removed the impurities of the mind by (explaining) yoga, of the speech by (commenting on) grammar and of the body by (expounding) medicine.

स्नान समये - snāna samaye
(While taking bath)

गङ्गे च यमुने चैव ।
गोदावरि सरस्वति ॥
नर्मदे सिन्धु कावेरि ।
जलेऽस्मिन् सन्निधिं कुरु ॥

gaṅge ca yamune caiva |
godāvari sarasvati ||
narmade sindhu kāveri |
jale'smin sannidhiṁ kuru ||

In this water, I invoke the presence of holy waters from the rivers Gaṅgā, Yamunā, Godāvarī, Sarasvatī, Narmadā, Sindhu and Kāverī.

पठन समये - paṭhana samaye
(Before commencing Studies)

सरस्वति नमस्तुभ्यम् ।
वरदे कामरूपिणि ॥
विद्यारम्भं करिष्यामि ।
सिद्धिर्भवतु मे सदा ॥

sarasvati namastubhyam |
varade kāmarūpiṇi ||
vidyārambhaṁ kariṣyāmi |
siddhirbhavatu me sadā ||

Oh Bhagawati Sarasvati, I bow to you, the fulfiller of my wishes. I begin my studies seeking your blessings so that I shall always be successful.

कार्य सिद्धि - kārya siddhi
(Before starting any work, Pray to Bhagawan Ganesha)

शुक्लाम्बरधरं विष्णुम् ।
शशिवर्णं चतुर्भुजम् ॥
प्रसन्नवदनं ध्यायेत् ।
सर्व विघ्नोऽपशान्तये ॥

śuklāmbaradharaṁ viṣṇum |
śaśivarṇaṁ caturbhujam ||
prasannavadanaṁ dhyāyet |
sarva vighno'paśāntaye ||

For the removal of all the obstacles in my effort, I meditate upon Bhagawan Ganesha, who wears a white garment, who is all pervading, who has a bright complexion (like a full moon), who has four shoulders, who has an ever-smiling face.

दीपोज्वलनम् - dīpojvalanam

(While lighting the lamp)

शुभं करोति कल्याणम् ।
आरोग्यं धन-सम्पदा ॥
शत्रुबुद्धिर्विनाशाय ।
दीपज्योतिर्नमोस्तुते ॥

śubhaṁ karoti kalyāṇam |
ārogyaṁ dhana-sampadā ||
śatrubuddhirvināśāya |
dīpajyotirnamostute ||

The lamp brings auspiciousness, prosperity, good health and abundance of wealth. Let (my) salutations be to you for the destruction of ignorance, which is the intellect's enemy.

॥ नमस्कार समये ॥ || namaskāra samaye ||

(While performing pradakshina namaskara, where we go round 3 times from our right and perform namaskara)

यानि कानि च पापानि जन्मान्तर कृतानि च ।
तानि तानि विनश्श्यन्ति प्रदक्षिण पदे पदे ॥

yāni kāni ca pāpāni janmāntara kṛtāni ca |
tāni tāni vinaśśyanti pradakṣiṇa pade pade ||

Oh! Bhagawan, Whatever sins I have committed all my lives (i.e including past lives), please destroy them at every step that I take around you.

निद्रा समये - nidrā samaye

(Before going to bed)

रामस्कन्धं हनूमन्तम् ।
वैनतेयं वृकोदरम् ॥
शयने यः स्मरेन्नित्यम् ।
दुःस्वप्नम् तस्य नश्यति ॥

rāmaskandhaṁ hanūmantam |
vainateyaṁ vṛkodaram ||
śayane yaḥ smarennityam |
duḥsvapnam tasya naśyati ||

Meditating upon Hanumanta, Bhīma and Garuda before going to bed ensures a sleep without disturbing dreams.

स्तोत्राणि - stotrāṇi

(ślokas in praise of various forms of Bhagawan)

गुरु - guru

(Salutations to Guru)

गुरुर्ब्रह्मा गुरुर्विष्णुः
गुरुर्देवो महेश्वरः ।
गुरुः साक्षात् परब्रह्म
तस्मै श्रीगुरवे नमः ॥

gururbrahmā gururviṣṇuḥ
gururdevo maheśvaraḥ |
guruḥ sākṣāt parabrahma
tasmai śrīgurave namaḥ |

My salutations to Guru, who is Brahma, who is also Vishnu, and who is also Maheshvara. Guru is none other than the all-pervading supreme Self.

अखण्डमण्डलाकारं व्याप्तं येन चराचरम् ।
तत्पदं दर्शितं येन तस्मै श्रीगुरवे नमः ॥

akhaṇḍamaṇḍalākāraṁ vyāptaṁ yena carācaram |
tatpadaṁ darśitaṁ yena tasmai śrīgurave namaḥ ||

Salutations to that respected Guru who showed us the place of the one who pervades the vast universe with all its movable and immovable things.

अज्ञानतिमिरान्धस्य ज्ञानांजनशलाकया ।
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

ajñānatimirāndhasya jñānāñjanaśalākayā |
cakṣurunmīlitaṁ yena tasmai śrīgurave namaḥ ||

He who opens the eyes blinded by the darkness of ignorance, with a needle dipped in knowledge, to that guru we salute.

ध्यानमूलं गुरोर्मूर्तिः पूजामूलं गुरोः पदम्।
मन्त्रमूलं गुरोर्वाक्यं मोक्षमूलं गुरोः कृपा॥

dhyānamūlaṁ gurormūrtiḥ pūjāmūlaṁ guroḥ padam |
mantramūlaṁ gurorvākyaṁ mokṣamūlaṁ guroḥ kṛpā ||

The basis of meditation is guru's murti; the support of worship is guru's feet; the origin of mantra is guru's word; the cause of liberation is guru's mercy.

सरस्वती -sarasvatī

या कुन्देन्दु तुषारहारधवला।
या शुभ्र-वस्त्रावृता॥
या वीणा वरदण्डमण्डितकरा।
या श्वेतपद्मासना॥
या ब्रह्माच्युत-शङ्कर-प्रभृतिभिर्
देवैः सदा वन्दिता।
सा मां पातु सरस्वती भगवती
निःशेषजाड्यापहा॥

yā kundendu tuṣārahāradhavalā |
yā śubhra-vastrāvṛtā ||
yā vīṇā varadaṇḍamaṇḍitakarā |
yā śvetapadmāsanā ||
yā brahmācyuta-śaṅkara-prabhṛtibhir
devaiḥ sadā vanditā |
sā māṁ pātu sarasvatī bhagavatī
niḥśeṣajāḍyāpahā ||



White as the lily, the moon and the garland of dews, clad in clean and spotless garments, hands adorned with Veena and japamala, sitting on white lotus, Always greeted by peers such as Brahma, Vishnu and Shiva, O Bhagawati of Wisdom, Sarasvati, look after me by driving away without any trace this illness of ignorance!

लक्ष्मी - lakṣmī

नमस्तेस्तु महामाये ।
श्रीपीठे सुरपूजिते ॥
शङ्खचक्र गदाहस्ते ।
महालक्ष्मि नमोस्तुते ॥

namastestu mahāmāye |
śrīpīṭhe surapūjite ||
śaṅkhacakra gadāhaste |
mahālakṣmi namostute ||



Salutations to you, O Mahalakshmi, who is all-powerful, who is the seat of wealth, and who is worshipped by the devas and who has a conch, a disc and a mace in Her hands.

हनूमान् - hanūmān

(Recite this shloka while praying to Hanuman, the foremost devotee of Bhagawan Rama who is also known for his divine strength.)

मनोजवं मारुत तुल्यवेगम्।
जितेन्द्रियं बुद्धिमतां वरिष्ठम्॥
वातात्मजं वानर-यूथमुख्यम्।
श्रीरामदूतं शिरसा नमामि॥

manojavaṁ māruta tulyavegam |
jitendriyaṁ buddhimatāṁ variṣṭham ||
vātātmajaṁ vānara-yūthamukhyam |
śrīrāma-dūtaṁ śirasā namāmi ||



I take refuge in Hanuman who is as fast as the mind, equals his father, Maruta, in speed, is the master of the senses, the foremost amongst the learned, the leader of the Vaanara forces and the great messenger of Shri Rama.

बुद्धिर्बलं यशो धैर्यं निर्भयत्वमरोगता।
अजाड्यं वाक्पटुत्वं च हनूमत्स्मरणाद्भवेत्॥

buddhirbalaṁ yaśo dhairyaṁ nirbhayatvamarogatā |
ajāḍyaṁ vākpaṭutvaṁ ca hanūmatsmaraṇādbhavet ||

When we pray to Bhagawan Hanuman, we will be blessed with intellect, strength, fame, courage, fearlessness, and freedom from all ailments, wisdom and diplomacy in speech.

श्री राम - śrī rāma

रामाय रामभद्राय।
रामचन्द्राय वेधसे॥
रघुनाथाय नाथाय।
सीतायाः पतये नमः॥

rāmāya rāmabhadrāya |
rāmacandrāya vedhase ||
raghunāthāya nāthāya |
sītāyāḥ pataye namaḥ ||

My salutations to Bhagawan Sri Rama, the protector of all, one who knows all, the descendant of the Raghu dynasty, the husband of Sita and the Bhagawan of the entire universe.

॥ एक श्लोकी रामायणम्॥ || eka ślokī rāmāyaṇam ||

(Story of Ramayana in one verse)

आदौ रामतपोवनादिगमनं हत्वा मृगं काञ्चनम्
वैदेहीहरणं जटायुमरणम् सुग्रीवसंभाषणम्।
वालीनिर्दलनं समुद्रतरणं लङ्कापुरीदाहनम्
पश्चाद्रावणकुम्भकर्णहननं एतद्धिरामायणम्।

ādau rāmatapovanādigamanaṁ hatvā mṛgaṁ kāñcanam
vaidehīharaṇaṁ jaṭāyumaraṇam sugrīvasambhāṣaṇam |
vālīnirdalanaṁ samudrataraṇaṁ laṅkāpurīdāhanam
paścādrāvaṇakumbhakarṇahananam etaddhirāmāyaṇam |



In the beginning, starting with Rama's forest-exile, killing of the golden deer, abduction of Sita Devi, death of Jataayu, friendship with Sugriiva, killing of Vaali, crossing of the ocean, burning of Lankaa and after that killing of RavaNa and KumbhakarNa - this is the story (aphorism) of Ramayana.

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

श्री कृष्ण śrī kṛṣṇa

वसुदेव सुतं देवम्।
कंसचाणूर मर्दनम्॥
देवकी परमानन्दम्।
कृष्णं वन्दे जगद्गुरुम्॥

vasudeva sutaṁ devam |
kaṁsacāṇūra mardanam ||
devakī paramānandam |
kṛṣṇaṁ vande jagadgurum ||



I bow to Sri Krishna, son of Vasudeva, the divine being, guru of the entire world, the killer of wicked Kamsa and Chanoora, and the source of happiness to mother Devaki.

शांताकारं भुजगशयनं पद्मनाभं सुरेशम्
विश्वाधारं गगनसदृशं मेघवर्णं शुभाङ्गम्।
लक्ष्मीकान्तं कमलनयनं योगिभिर्ध्यानगम्यम्
वन्दे विष्णुं भवभयहरं सर्वलोकैकनाथम्॥

śāntākāraṁ bhujagaśayanaṁ padmanābhaṁ sureśam
viśvādhāraṁ gaganasadṛśaṁ meghavarṇaṁ śubhāṅgam |
lakṣmīkāntaṁ kamalanayanaṁ yogibhirdhyānagamyam
vande viṣṇuṁ bhavabhayaharaṁ sarvalokaikanātham ||

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

Salutations to Bhagawan Vishnu, the one with peaceful disposition, one who is reclining over the soft coil-bed of *Bhujaga*, the one with a lotus growing in his navel, the leader of the Devas, the support of the universe, all-pervasive like the sky, cloud-colored one, ausipicious-bodied one, the Spouse of Laxmi, lotus eyed one, visible to the yogis in their meditations, remover of the fear of the rounds of rebirth, the Bhagawan of all the worlds, salutations !

॥ एक श्लोकी भागवतम् ॥ || **eka ślokī bhāgavatam** ||

(Sri Krishna's story in one verse)

आदौ देवकिदेविगर्भजननं गोपीगृहे वर्धनम्
मायापूतनजीवितापहरणं गोवर्धनोद्धारणम् ।
कंसच्छेदनकौरवादिहननं कुंतीसुतां पालनम्
एतद्भागवतं पुराणकथितं श्रीकृष्णलीलामृतम् ॥

ādau devakidevigarbhajananaṁ gopīgṛhe vardhanam
māyāpūtanajīvitāpaharaṇaṁ govardhanoddhāraṇam |
kaṁsacchedanakauravādihananaṁ kuntīsutāṁ pālanam
etadbhāgavataṁ purāṇakathitaṁ śrīkṛṣṇalīlāmṛtam ||

Shri Krishna's charitam in short is that he is Devaki's son, Gopi's admiration, Putana's killer, holder of Govardhan Giri, slayer of Kansa, destroyer of Kauravas, protector of Kunti's sons and the central figure of Srimad Bhagavata Puraanam.

Starting with birth from the womb of Devaki, growth in the house of cow-herds, killing of Putana, lifting of Govardhana mountain, the cutting of Kamsa and the killing of kauravas, protecting the sons of Kuntii - This is BhaagavataM as told in the epics. This is the nectar of Shri Krishna's Liilaa (sport).

हरे राम हरे राम ।
राम राम हरे हरे ॥
हरे कृष्ण हरे कृष्ण ।
कृष्ण कृष्ण हरे हरे ॥

hare rāma hare rāma |
rāma rāma hare hare ||
hare kṛṣṇa hare kṛṣṇa |
kṛṣṇa kṛṣṇa hare hare ||

भूमि वन्दना - bhūmi vandanā

(Salutations to Mother Earth)

समुद्रवसने देवि ।

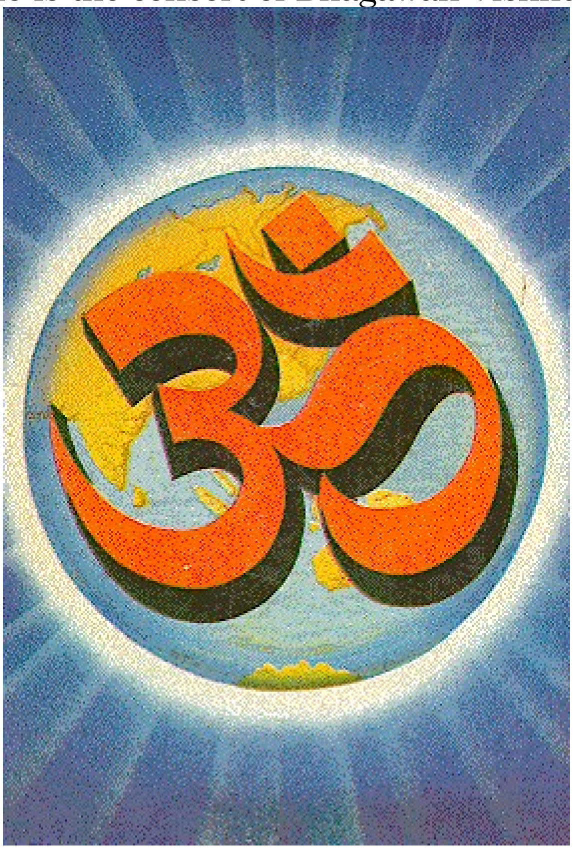
पर्वतस्तन मण्डले ॥

विष्णुपत्नि नमस्तुभ्यम् ।

पादस्पर्शं क्षमस्व मे ॥

samudravasane devi |
parvatastana maṇḍale ||
viṣṇupatni namastubhyam |
pādasparśaṁ kṣamasva me ||

Forgive me mother earth for I have to step on you. O Mother, my salutations to you, who is covered by the oceans, whose breasts are the mountains and who is the consort of Bhagawan Vishnu.



॥ भगवान् शिव ॥ || bhagavān śiva ||



कर्पूरगौरं करुणावतारं

संसारसारं भुजगेन्द्रहारम् ।

सदा वसन्तं हृदयारविन्दे

भवं भवानीसहितं नमामि ॥

karpūragauraṁ karuṇāvatāraṁ

saṁsārasāraṁ bhujagendrahāram |

sadā vasantaṁ hṛdayāravinde

bhavaṁ bhavānīsahitaṁ namāmi ||

I salute to that Ishwara along with Bhavani (Shiva and Parvati), who is as white as camphor, an incarnation of compassion, the essence of this world, who wears a *bhujagendra (roughly translated as serpent, but represent the ever changing, moving aspect of the Universe)* around his neck and is ever present in the lotus abode of our hearts.

ॐ त्र्यम्बकं यजामहे
सुगन्धिं पुष्टिवर्धनम्।
उर्वारुकमिव बन्धनान्
मृत्योर्मुक्षीय माऽमृतात्॥

om tryambakaṁ yajāmahe
sugandhiṁ puṣṭivardhanam |
urvārukamiva bandhanān
mṛtyormukṣīya mā'mṛtāt ||

We worship the three-eyed One (Bhagawan Siva), who is fragrant and who nourishes all beings; may He liberate us from death for the sake of Immortality even as the cucumber is severed from its bondage (to the creeper).

Other Shlokas

त्वमेव माता च पिता त्वमेव।
त्वमेव बन्धुश्च सखा त्वमेव॥
त्वमेव विद्या द्रविणं त्वमेव।
त्वमेव सर्वं मम देव देव॥

tvameva mātā ca pitā tvameva |
tvameva bandhuśca sakhā tvameva ||
tvameva vidyā draviṇaṁ tvameva |
tvameva sarvaṁ mama deva deva ||

O Bhagawan, you only is (my) mother, you only is (my) father, your only is (my) relation, you only is (my) friend, you only is (my) knowledge, you only is (my) wealth, you only is everything, you are the BHAGAWAN of the Devas.

आकाशात् पतितं तोयं यथा गच्छति सागरम्।
सर्वदेवनमस्कारः केशवं प्रतिगच्छति॥

ākāśāt patitaṁ toyaṁ yathā gacchati sāgaram |
sarvadevanamaskāraḥ keśavaṁ pratigacchati ||

Just as every drop of rain that falls from the sky flows into the Ocean, in the same way all prayers offered to any Deity goes to Bhagawan Krishna (Bhagvan Vishnu).

क्षमा याचना - kṣamā yācanā

(Asking for forgiveness)

करचरण-कृतं वाक्कायजं कर्मजं वा।
श्रवण-नयनजं वा मानसं वापराधम्॥
विहितमविहितं वा सर्वमेतत् क्षमस्व।
जय जय करुणाब्दे श्री महादेव शम्भो॥

karacaraṇa-kṛtaṁ vāk kāyajaṁ karmajaṁ vā |
śravaṇa-nayanajaṁ vā mānasaṁ vāparādham ||
vihitamavihitaṁ vā sarvametat kṣamasva |
jaya jaya karuṇābde śrī mahādeva śambho ||

O Bhagawan Shambhu! Please forgive my wrong actions committed by me knowingly or unknowingly through my hands, feet, speech, body or through any organ of action; or through the ears, eyes (any organ of perception) or through the mind. May you forgive all sinful actions committed by me. O Great Shiva! Glory, Glory to you! You are the Surging Ocean of Compassion!

समर्पणम् - samarpaṇam (Offerings)

कायेन वाचा मनसेंद्रियैर्वा।
बुद्ध्यात्मना वा प्रकृतिस्वभावात्।
करोमि यद्यत् सकलं परस्मै।
नारायणायेति समर्पयामि॥

kāyena vācā manasendriyairvā |
buddhyātmanā vā prakṛtisvabhāvāt |
karomi yadyat sakalaṁ parasmai |
nārāyaṇāyeti samarpayāmi ||

Whatever I perform with my body, speech, mind, senses, intellect, or my inner self either intentionally or unintentionally, I dedicate it all to that Supreme Bhagawan Narayana.

लिङ्गाष्टकम्

ब्रह्ममुरारिसुरार्चितलिङ्गम् निर्मलभासितशोभितलिङ्गम् ।
जन्मजदुःखविनाशकलिङ्गम् तत् प्रणमामि सदाशिवलिङ्गम् ॥ १ ॥

देवमुनिप्रवरार्चितलिङ्गम् कामदहम् करुणाकर लिङ्गम् ।
रावणदर्पविनाशनलिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ २ ॥

सर्वसुगन्धिसुलेपितलिङ्गम् बुद्धिविवर्धनकारणलिङ्गम् ।
सिद्धसुरासुरवन्दितलिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ३ ॥

कनकमहामणिभूषितलिङ्गम् फनिपतिवेष्टित शोभित लिङ्गम् ।
दक्षसुयज्ञ विनाशन लिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ४ ॥

कुङ्कुमचन्दनलेपितलिङ्गम् पङ्कजहारसुशोभितलिङ्गम् ।
सञ्चितपापविनाशनलिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ५ ॥

देवगणार्चित सेवितलिङ्गम् भावैर्भक्तिभिरेव च लिङ्गम् ।
दिनकरकोटिप्रभाकरलिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ६ ॥

अष्टदलोपरिवेष्टितलिङ्गम् सर्वसमुद्भवकारणलिङ्गम् ।
अष्टदरिद्रविनाशितलिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ७ ॥

सुरगुरुसुरवरपूजित लिङ्गम् सुरवनपुष्प सदार्चित लिङ्गम् ।
परात्परं परमात्मक लिङ्गम् तत् प्रणमामि सदाशिव लिङ्गम् ॥ ८ ॥

लिङ्गाष्टकमिदं पुण्यं यः पठेत् शिवसन्निधौ ।
शिवलोकमवाप्नोति शिवेन सह मोदते ॥

liṅgāṣṭakam



brahmamurārisurārcitaliṅgam
nirmalabhāsitaśobhitaliṅgam |
janmajaduḥkhavināśakaliṅgam
tat praṇamāmi sadāśivaliṅgam || 1||

devamunipravarārcitaliṅgam
kāmadaham karuṇākara liṅgam |
rāvaṇadarpavināśanaliṅgam
tat praṇamāmi sadāśivaliṅgam || 2||

sarvasugandhisulepitaliṅgam buddhivivardhanakāraṇaliṅgam |
siddhasurāsuravanditaliṅgam tat praṇamāmi sadāśiva liṅgam || 3||

kanakamahāmaṇibhūṣitaliṅgam phanipativeṣṭita śobhita liṅgam |
dakṣasuyajña vināśana liṅgam tat praṇamāmi sadāśiva liṅgam || 4||

kuṅkumacandanalepitaliṅgam paṅkajahārasuśobhitaliṅgam |
sañcitapāpavināśanaliṅgam tat praṇamāmi sadāśiva liṅgam || 5||

devagaṇārcita sevitaliṅgam bhāvairbhaktibhireva ca liṅgam |
dinakarakoṭiprabhākaraliṅgam tat praṇamāmi sadāśiva liṅgam || 6||

aṣṭadalopariveṣṭitaliṅgam sarvasamudbhavakāraṇaliṅgam |
aṣṭadaridravināśitaliṅgam tat praṇamāmi sadāśiva liṅgam || 7||

suragurusuravarapūjita liṅgam suravanapuṣpa sadārcita liṅgam |
parātparaṁ paramātmaka liṅgam tat praṇamāmi sadāśiva liṅgam | 8|

liṅgāṣṭakamidaṁ puṇyaṁ yaḥ paṭhet śivasannidhau |
śivalokamavāpnoti śivena saha modate ||

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

Meaning of Lingashtakam

(Linga represents Bhagvaan Shiva. 'Ashtakam' means 8 verses. In Lingashtakam, Shiva Linga is praised and worshipped in 8 verses.)

The Linga that is worshipped by Brahma, Vishnu, and all the Devas,
the Linga that is pure of speech and is radiant,
the Linga that destroys the sorrow arising out of birth,
to that Linga, (representing) Sadashiva, my prostrations. ||1||

The Linga that is worshipped by the sages,
the destroyer of of Kama, Linga, the compassionate,
the Linga, the destroyer of the arrogance of Ravana,
to that Linga, (representing) Sadashiva, my prostrations. ||2||

The Linga that is well anointed with all fragrance and
that which is the cause of the growth of intellect,
the Linga that is worshipped by the Siddhas, Devas, and Asuras,
to that Linga, (representing) Sadashiva, my prostrations. ||3||

The Linga adorned with gold and precious jewels,
who is radiant and who has the king of serpents, coiled around him,
the Linga who destroyed the yajna of Daksha,
to that Linga, (representing) Sadashiva, my prostrations. ||4||

The Linga anointed with saffron and sandal paste and
appears radiant with a garland of lotuses,
the Linga that destroys accumulated sins,
to that Linga, (representing) Sadashiva, my prostrations. ||5||

The Linga that is worshipped and archan is offered by the Devas,
the Linga that is worshipped with an attitude of devotion,
the Linga that is effulgent like a million suns,
to that Linga, (representing) Sadashiva, my prostrations. ||6||

The Linga that is enveloped with eight-fold petals,
the Linga that is the cause of all creation and
that which destroys the eightfold poverty,
to that Linga, (representing) Sadashiva, my prostrations. ||7||

The Linga that is worshipped by the guru of the Devas and elite of the devas,
the Linga that is worshipped with the divine flowers and
the Linga that is higher than the highest, the supreme Self,
to that Linga, (representing) Sadashiva, my prostrations. ||8||

(The last verse is called 'phala-shruti', which says the benefits of chanting this)

Whoever chants these eight verses for Shiva linga, they will attain the world of Bhagawan Shiva and enjoy the company of Bhagawan Shiva.

भगवद्गीता श्लोकानि - bhagavadgītā ślokāni
(Selected verses from Bhagavad Geeta)



जातस्य हि ध्रुवो मृत्युर्ध्रुवं जन्म मृतस्य च ।
तस्मादपरिहार्येऽर्थे न त्वं शोचितुमर्हसि ॥ २ , २७ ॥

jātasya hi dhruvo mṛtyurdhruvaṁ janma mṛtasya ca |
tasmādaparihārye'rthe na tvaṁ śocitumarhasi || 2 , 27 ||

Because, death is certain for the one who is born, and birth is certain for the one who dies. Therefore, you (Arjuna) should not lament over the inevitable.

सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ ।
ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि ॥ २ , ३८ ॥

sukhaduḥkhe same kṛtvā lābhālābhau jayājayau |
tato yuddhāya yujyasva naivaṁ pāpamavāpsyasi || 2 , 38 ||

Treating pleasure and pain, gain and loss, victory and defeat alike, engage yourself in your duty. By doing your duty this way you will not incur sin.

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।

मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ॥ २ , ४७ ॥

karmaṇyevādhikāraste mā phaleṣu kadācana |

mā karmaphalaheturbhūrmā te saṅgo'stvakarmaṇi || 2 , 47 ||

You have Adhikaara (right) over your duty only, but no control or claim over the results. The fruits of work should not be your motive. You should never be inactive.

ध्यायतो विषयान्पुंसः सङ्गस्तेषूपजायते ।

सङ्गात्सञ्जायते कामः कामात्क्रोधोऽभिजायते ॥ २ , ६२ ॥

dhyāyato viṣayānpuṁsaḥ saṅgasteṣūpajāyate |

saṅgātsañjāyate kāmaḥ kāmātkrodho'bhijāyate || 2 , 62 ||

One develops attachment to sense objects by thinking about sense objects. Desire for sense objects comes from attachment to sense objects, and anger comes from unfulfilled desires.

क्रोधाद्भवति संमोहः संमोहात्स्मृतिविभ्रमः ।

स्मृतिभ्रंशाद् बुद्धिनाशो बुद्धिनाशात्प्रणश्यति ॥ २ , ६३ ॥

krodhādbhavati sammohaḥ sammohātsmṛtivibhramaḥ |

smṛtibhraṁśād buddhināśo buddhināśātpraṇaśyati || 2 , 63 ||

Delusion arises from anger. The mind is bewildered by delusion. Reasoning is destroyed when the mind is bewildered. One falls down (from the right path) when reasoning is destroyed.

यदा यदा हि धर्मस्य ग्लानिर्भवति भारत ।

अभ्युत्थानमधर्मस्य तदात्मानं सृजाम्यहम् ॥ ४ , ७ ॥

yadā yadā hi dharmasya glānirbhavati bhārata |

abhyutthānamadharmasya tadātmānaṁ sṛjāmyaham || 4 , 7 ||

परित्राणाय साधूनां विनाशाय च दुष्कृताम् ।

धर्मसंस्थापनार्थाय सम्भवामि युगे युगे ॥ ४ , ८ ॥

paritrāṇāya sādhūnāṁ vināśāya ca duṣkṛtām |

dharmasaṁsthāpanārthāya sambhavāmi yuge yuge || 4 , 8 ||

Whenever there is a decline of Dharma and the rise of Adharma, O Arjuna, then I manifest (or incarnate) Myself. I incarnate from time to time for protecting the good, for destroying the wicked, and for establishing Dharma, the world order.

अहं वैश्वानरो भूत्वा प्राणिनां देहमाश्रितः।

प्राणापान समायुक्तं पचाम्यन्नं चतुर्विधम्॥

ahaṁ vaiśvānaro bhūtvā, prāṇināṁ dehamāśritaḥ |

prāṇāpāna samāyuktaṁ, pacāmyannaṁ caturvidham ||

I, says Bhagawan, am the Fire in you, I am residing in body of living beings, I am in the air you inhale and exhale, I am in the food you take.

ब्रह्मार्पणं ब्रह्म हविः ब्रह्माग्नौ ब्रह्मणा हुतम्।

ब्रह्मैव तेन गन्तव्यं ब्रह्म कर्म समाधिना॥ ४ , २४॥

brahmārpaṇaṁ brahma haviḥ brahmāgnau brahmaṇā hutam |

brahmaiva tena gantavyaṁ brahma karma samādhinā || 4 , 24 ||

Brahman is the oblation (fire sacrifice). Brahman is the ghee (clarified butter, used in a fire sacrifice) The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realized by the one who considers everything as (a manifestation or) an act of Brahman.

Footprints

One night a man had a dream. He dreamt he was walking along a beach with Bhagawan. Across the sky flashed scenes from his life. For each scene he noticed two sets of footprints on the sand - one belonging to him and the other to Bhagawan. When the last scene had flashed before him, he looked back at the footprints and he noticed that many times along the path there was only one set. He also noticed that this happened during the lowest and saddest times of his life. This bothered him and he questioned Bhagawan. “Bhagawan, you said that once I decided to follow you, you would walk all the way with me, but I noticed that during the most troublesome times of my life there was only one set of footprints. I don’t understand why, then I needed you most, you deserted me.”

Bhagawan replied, “My precious child, I love you and would never leave you. During your times of trial and suffering, when you see only one set of footprints, those were the times when I carried you in my arms.”

श्री महागणेश पञ्चरत्नं

मुदा करात्त मोदकं सदा विमुक्ति साधकं
कलाधरावतंसकं विलासि लोक रक्षकम्।
अनायकैक नायकं विनाशितेभ दैत्यकं
नताशुभाशु नाशकं नमामि तं विनायकम्॥ १॥

नतेतराति भीकरं नवोदितार्क भास्वरं
नमत् सुरारि निर्जरं नताधिकापदुद्धरम्।
सुरेश्वरं निधीश्वरं गजेश्वरं गणेश्वरं
महेश्वरं तमाश्रये परात्परं निरन्तरम्॥ २॥

समस्त लोक शंकरं निरास्त दैत्य कुंजरं
दरेतरोदरं वरं वरेभवक्त्रं अक्षरम्।
कृपाकरं क्षमाकरं मुदाकरं यशस्करं
मनस्करं नमस्कृतां नमस्करोमि भास्वरम्॥ ३॥

अकिंचनार्ति मर्जनं चिरन्तनोक्ति भाजनं
पुरारिपूर्वनन्दनं सुरारि गर्व चर्वणम्।
प्रपञ्चनाश भीषणं धनंजयादि भूषणं
कपोलदानवारणं भजे पुराणवारणम्॥ ४॥

नितान्त कान्त दन्तकान्तिमन्तकान्तकात्मजं
अचिन्त्यरूपमन्तहीनमन्तराय कृन्तनम्।
हृदन्तरे निरन्तरं वसन्तमेव योगिनां
तमेकदन्तमेकमेव चिन्तयामि सन्ततम्॥ ५॥

॥ फल श्रुती ॥

महागणेश पञ्चरत्नं आदरेण योन्महं
प्रजल्पति प्रभातके हृदि स्मरन् गणेश्वरम्।
अरोगतां अदोषतां सुसाहितीं सुपुत्रतां
समाहितायुरष्ट भूतिमभ्युपैति सोऽचिरात्॥

॥ इति श्री शंकराचार्य विरचितं श्री महागणेश पञ्चरत्नं संपूर्णम्॥

śrī mahāgaṇeśa pañcaratnaṁ

mudā karātta modakaṁ sadā vimukti sādhakaṁ
kalādharāvataṁsakaṁ vilāsi loka rakṣakam |
anāyakaika nāyakaṁ vināśitebha daityakaṁ
natāśubhāśu nāśakaṁ namāmi taṁ vināyakam || 1||

natetarāti bhīkaraṁ navoditārka bhāsvaraṁ
namat surāri nirjaraṁ natādhikāpaduddharam |

sureśvaraṁ nidhīśvaraṁ gajeśvaraṁ gaṇeśvaraṁ
maheśvaraṁ tamāśraye parātparaṁ nirantaram || 2||

samasta loka śaṅkaraṁ nirāsta daitya kuñjaraṁ
daretarodaraṁ varaṁ varebhavaktram akṣaram |
kṛpākaraṁ kṣamākaraṁ mudākaraṁ yaśaskaraṁ
manaskaraṁ namaskṛtāṁ namaskaromi bhāsvaram || 3||

akiñcanārti marjanaṁ cirantanokti bhājanaṁ
purāripūrvanandanaṁ surāri garva carvaṇam |
prapañcanāśa bhīṣaṇaṁ dhanañjayādi bhūṣaṇaṁ
kapoladānavāraṇaṁ bhaje purāṇavāraṇam || 4||

nitānta kānta dantakāntimantakāntakātmajaṁ
acintyarūpamantahīnamantarāya kṛntanam |
hṛdantare nirantaraṁ vasantameva yogināṁ
tamekadantamekameva cintayāmi santatam || 5||

|| phala śrutī ||

mahāgaṇeśa pañcaratnam ādareṇa yonmahaṁ
prajalpati prabhātake hṛdi smaran gaṇeśvaram |
arogatām adoṣatāṁ susāhitīṁ suputratāṁ
samāhitāyuraṣṭa bhūtimabhyupaiti so'cirāt ||

|| iti śrī śaṅkarācārya viracitaṁ śrī mahāgaṇeśa pañcaratnaṁ sampūrṇam ||

॥ हनुमान चालीसा ॥

श्रीगुरु चरन सरोज रज
निज मनु मुकुरु सुधारि।
बरनऊँ रघुबर बिमल जसु
जो दायकु फल चारि॥

बुद्धिहीन तनु जानिके
सुमिरौं पवनकुमार।
बल बुद्धि बिद्या देहु मोहिं
हरहु कलेस बिकार॥

चौपा
जय हनुमान ज्ञान गुन सागर।
जय कपीस तिहुँ लोक उजागर॥
राम दूत अतुलित बल धामा।
अंजनिपुत्र पवनसुत नामा॥
महाबीर बिक्रम बजरंगी।
कुमति निवार सुमति के संगी॥
कंचन बरन बिराज सुबेसा।
कानन कुंडल कुंचित केसा॥
हाथ बज्र औ ध्वजा बिराजै।
काँधे मूँज जने साजै॥
संकर सुवन केसरीनंदन।
तेज प्रताप महा जग बंदन॥
विद्यावान गुनी अति चातुर।
राम काज करिबे को आतुर॥
प्रभु चरित्र सुनिबे को रसिया।
राम लखन सीता मन बसिया॥
सूक्ष्म रूप धरि सियहिं दिखावा।
बिकट रूप धरि लंक जरावा॥
भीम रूप धरि असुर सँहारे।
रामचंद्र के काज सँवारे॥
लाय सजीवन लखन जियाये।
श्रीरघुबीर हरषि उर लाये॥
रघुपति कीन्ही बहुत बड़ा।
तुम मम प्रिय भरतहि सम भा॥
सहस बदन तुम्हरो जस गावैं।
अस कहि श्रीपति कंठ लगावैं॥
सनकादिक ब्रह्मादि मुनीसा।
नारद सारद सहित अहीसा॥
जम कुबेर दिगपाल जहाँ ते।
कबि कोबिद कहि सके कहाँ ते॥
तुम उपकार सुग्रीवहिं कीन्हा।
राम मिलाय राज पद दीन्हा॥
तुम्हरो मंत्र बिभीषन माना।
लंकेस्वर भ सब जग जाना॥
जुग सहस्त्र जोजन पर भानू।
लील्यो ताहि मधुर फल जानू॥
प्रभु मुद्रिका मेलि मुख माहीं।
जलधि लाँघि गये अचरज नाहीं॥
दुर्गम काज जगत के जेते।

सुगम अनुग्रह तुम्हरे तेते ॥
राम दुआरे तुम रखवारे ।
होत न आज्ञा बिनु पैसारे ॥
सब सुख लहै तुम्हारी सरना ।
तुम रच्छक काहू को डर ना ॥
आपन तेज सम्हारो आपै ।
तीनों लोक हाँक तें काँपै ॥
भूत पिसाच निकट नहिं आवै ।
महाबीर जब नाम सुनावै ॥
नासै रोग हरै सब पीरा ।
जपत निरंतर हनुमत बीरा ॥
संकट तें हनुमान छुड़ावै ।
मन क्रम बचन ध्यान जो लावै ॥
सब पर राम तपस्वी राजा ।
तिन के काज सकल तुम साजा ॥
और मनोरथ जो को लावै ।
सो अमित जीवन फल पावै ॥
चारों जुग परताप तुम्हारा ।
है परसिद्ध जगत उजियारा ॥
साधु संत के तुम रखवारे ।
असुर निकंदन राम दुलारे ॥
अष्ट सिद्धि नौ निधि के दाता ।
अस बर दीन जानकी माता ॥
राम रसायन तुम्हरे पासा ।
सदा रहो रघुपति के दासा ॥
तुम्हरे भजन राम को पावै ।
जनम जनम के दुख बिसरावै ॥
अंत काल रघुबर पुर जा ।
जहाँ जन्म हरिभक्त कहा ॥
और देवता चित्त न धरई ।
हनुमत से सर्ब सुख करई ॥
संकट कटै मिटै सब पीरा ॥
जो सुमिरै हनुमत बलबीरा ॥
जै जै जै हनुमान गोसां ।
कृपा करहु गुरु देव की नां ॥
जो सत बार पाठ कर को ।
छूटहि बंदि महा सुख हो ॥
जो यह पढ़ै हनुमान चलीसा ।
होय सिद्धि साखी गौरीसा ॥
तुलसीदास सदा हरि चेरा ।
पवनतनय संकट हरन
मंगल मूरति रूप ।
राम लखन सीता सहित
हृदय बसहु सुर भूप ॥

आरती

मंगल मूरती मारुत नंदन
सकल अमंगल मूल निकंदन
पवनतनय संतन हितकारी
हृदय बिराजत अवध बिहारी
मातु पिता गुरू गणपति सारद
शिव समेठ शंभू शुक नारद
चरन कमल बिन्धौ सब काहु

देहु रामपद नेहु निबाहु
जै जै जै हनुमान गोसां
कृपा करहु गुरु देव की नां
बंधन राम लखन वैदेही
यह तुलसी के परम सनेही
सियावर रामचंद्रजी की जय



|| hanumāna cālīsā ||

śrīguru carana saroja raja
nija manu mukuru sudhāri |
baranaūm̐ raghubara bimala jasu
jo dāyaku phala cāri ||

buddhihīna tanu jānike
sumiraum̐ pavanakumāra |
bala buddhi bidyā dehu mohiṁ
harahu kalesa bikāra ||

caupāī

jaya hanumāna jñāna guna sāgara |
jaya kapīsa tihuṁ loka ujāgara ||
rāma dūta atulita bala dhāmā |
añjaniputra pavanasuta nāmā ||
mahābīra bikrama bajaraṅgī |
kumati nivāra sumati ke saṅgī ||
kañcana barana birāja subesā |
kānana kuṇḍala kuñcita kesā ||
hātha bajra au dhvajā birājai |
kām̐dhe mūm̐ja janeū sājai ||
saṅkara suvana kesarīnandana |
teja pratāpa mahā jaga bandana ||
vidyāvāna gunī ati cātura |
rāma kāja karibe ko ātura ||
prabhu caritra sunibe ko rasiyā |
rāma lakhana sītā mana basiyā ||
sūkṣma rūpa dhari siyahiṁ dikhāvā |
bikaṭa rūpa dhari laṅka jarāvā ||
bhīma rūpa dhari asura sam̐hāre |
rāmacandra ke kāja sam̐vāre ||
lāya sajīvana lakhana jiyāye |
śrīraghubīra haraṣi ura lāye ||
raghupati kīnhī bahuta baḍāī |
tuma mama priya bharatahi sama bhāī ||
sahasa badana tumharo jasa gāvaiṁ |
asa kahi śrīpati kaṇṭha lagāvaiṁ ||
sanakādika brahmādi munīsā |
nārada sārada sahita ahīsā ||
jama kubera digapāla jahām̐ te |
kabi kobida kahi sake kahām̐ te ||
tuma upakāra sugrīvahiṁ kīnhā |
rāma milāya rāja pada dīnhā ||

tumharo mantra bibhīṣana mānā |
laṅkesvara bhae saba jaga jānā ||
juga sahastra jojana para bhānū |
līlyo tāhi madhura phala jānū ||
prabhu mudrikā meli mukha māhīṁ |
jaladhi lāṁghi gaye acaraja nāhīṁ ||
durgama kāja jagata ke jete |
sugama anugraha tumhare tete ||
rāma duāre tuma rakhavāre |
hota na ājñā binu paisāre ||
saba sukha lahai tumhārī saranā |
tuma racchaka kāhū ko ḍara nā ||
āpana teja samhāro āpai |
tīnoṁ loka hāṁka teṁ kāṁpai ||
bhūta pisāca nikaṭa nahim āvai |
mahābīra jaba nāma sunāvai ||
nāsai roga harai saba pīrā |
japata nirantara hanumata bīrā ||
saṅkaṭa teṁ hanumāna chuḍāvai |
mana krama bacana dhyāna jo lāvai ||
saba para rāma tapasvī rājā |
tina ke kāja sakala tuma sājā ||
aura manoratha jo koī lāvai |
soī amita jīvana phala pāvai ||
cāroṁ juga paratāpa tumhārā |
hai parasiddha jagata ujiyārā ||
sādhu santa ke tuma rakhavāre |
asura nikandana rāma dulāre ||
aṣṭa siddhi nau nidhi ke dātā |
asa bara dīna jānakī mātā ||
rāma rasāyana tumhare pāsā |
sadā raho raghupati ke dāsā ||

tumhare bhajana rāma ko pāvai |
janama janama ke dukha bisarāvai ||
anta kāla raghubara pura jāī |
jahāṁ janma haribhakta kahāī ||
aura devatā citta na dharaī |
hanumata seī sarba sukha karaī ||
saṅkaṭa kaṭai miṭai saba pīrā ||
jo sumirai hanumata balabīrā ||
jai jai jai hanumāna gosāīṁ |
kṛpā karahu guru deva kī nāīṁ ||
jo sata bāra pāṭha kara koī |
chūṭahi bandi mahā sukha hoī ||
jo yaha paḍhai hanumāna calīsā |
hoya siddhi sākhī gaurīsā ||
tulasīdāsa sadā hari cerā |
pavanatanaya saṅkaṭa harana
maṅgala mūrati rūpa |
rāma lakhana sītā sahita
hṛdaya basahu sura bhūpa ||

āratī

maṅgala mūratī māruta nandana
sakala amaṅgala mūla nikandana
pavanatanaya santana hitakārī
hṛdaya birājata avadha bihārī
mātu pitā gurū gaṇapati sārada
śiva sameṭha śambhū śuka nārada
carana kamala bindhau saba kāhu
dehu rāmapada nehu nibāhu
jai jai jai hanumāna gosāīṁ
kṛpā karahu guru deva kī nāīṁ
bandhana rāma lakhana vaidehī
yaha tulasī ke parama sanehī
siyāvara rāmacandrajī kī jaya

"Let positive, strong, helpful thought enter into their brains from very childhood"
- Swami Vivekananda

भजन



Bhajan

श्री गणेश - śrī gaṇeśa



गणेश शरणं शरणं गणेश (4)
वागीश शरणं शरणं गणेश (2)
सारीश शरणं शरणं गणेश (2)

gaṇeśa śaraṇaṁ śaraṇaṁ gaṇeśa (4)
vāgīśa śaraṇaṁ śaraṇaṁ gaṇeśa (2)
sārīśa śaraṇaṁ śaraṇaṁ gaṇeśa (2)

जय गणेश जय गणेश जय गणेश पाहि माम्
जय गणेश जय गणेश जय गणेश रक्ष माम्
श्री गणेश जय गणेश जय गणेश पाहि माम्
श्री गणेश जय गणेश जय गणेश रक्ष माम्

jaya gaṇeśa jaya gaṇeśa jaya gaṇeśa pāhi mām
jaya gaṇeśa jaya gaṇeśa jaya gaṇeśa rakṣa mām
śrī gaṇeśa jaya gaṇeśa jaya gaṇeśa pāhi mām
śrī gaṇeśa jaya gaṇeśa jaya gaṇeśa rakṣa mām

मातंग वदन आनंद सदन
महादेव शिव शंभो नंदन
मातंग वदन आनंद सदन ||
माया विनाशक मूषक वाहन
मातामहेश्वरी भवानी नंदन
महागणपते मंगल चरण
महागणपते मंगल चरण ||

mātaṅga vadana ānanda sadana
mahādeva śiva śambho nandana
mātaṅga vadana ānanda sadana ||

māyā vināśaka mūṣaka vāhana
mātā maheśvari bhavāni nandana
mahā gaṇapate maṅgala caraṇa
mahā gaṇapate maṅgala caraṇa ||

देवी सरस्वती - devī sarasvatī



हे हंस वाहिनि ज्ञान दायिनि
अम्ब विमल मति दे । अम्ब विमल मति दे ॥

साहस शील हृदय मे भर दे
जीवन त्याग तपोमय कर दे
संयम सत्य स्नेह का वर दे
स्वाभिमान भर दे ॥ अम्ब विमल मति दे ॥

लव कुश ध्रुव प्रह्लाद बने हम
मानवता का त्रास हरे हम
सीता सावित्री दुर्गा मा
फिर घर घर भर दे ॥ अम्ब विमल मति दे ॥

he haṁsa vāhini jñāna dāyini
amba vimala mati de | amba vimala mati de||

sāhasa śīla hṛdaya me bhara de
jīvana tyāga tapomaya kara de
saṁyama satya sneha kā vara de
svābhimāna bhara de || amba vimala mati de ||

lava kuśa dhṛva prahlāda bane hama
mānavatā kā trāsa hare hama
sītā sāvitrī durgā mā
phira ghara ghara bhara de || amba vimala mati de ||

श्री हनूमान् - śrī hanūmān



वीर मारुति गम्भीर मारुति
धीर मारुति अति धीर मारुति
गीत मारुति संगीत मारुति
दूत मारुति राम दूत मारुति
भक्त मारुति परम भक्त मारुति ॥

vīra māruti gambhīra māruti
dhīra māruti ati dhīra māruti
gīta māruti saṅgīta māruti
dūta māruti rāma dūta māruti
bhakta māruti parama bhakta māruti ||

शंकर भगवान् - śaṅkara bhagavān



शंकर सदाशिव चन्द्रशेखर
चन्द्रशेखर गौरि शंकर ।
नील कण्ठ शूल धारी चन्द्रशेखर
फालनेत्र त्रिपुरारि गौरि शंकर
चन्द्रशेखर गौरि शंकर ।
शंकर सदाशिव चन्द्रशेखर
चन्द्रशेखर गौरि शंकर ।

śaṅkara sadāśiva candraśekhara
candraśekhara gauri śaṅkara |

nīla kaṇṭha śūla dhārī candraśekhara
phālanetra tripurāri gauri śaṅkara
candraśekhara gauri śaṅkara |

śaṅkara sadāśiva candraśekhara
candraśekhara gauri śaṅkara |

शिवाय परमेश्वराय शशिशेखराय नमः ॐ
भवाय गुण सम्भवाय शिव ताण्डवाय नमः ॐ
शिवाय परमेश्वराय चन्द्रशेखराय नमः ॐ
भवाय गुण सम्भवाय शिव ताण्डवाय नमः ॐ

śivāya parameśvarāya śaśiśekharāya namaḥ om
bhavāya guṇa sambhavāya śiva tāṇḍavāya namaḥ om
śivāya parameśvarāya candraśekharāya namaḥ om
bhavāya guṇa sambhavāya śiva tāṇḍavāya namaḥ om

श्री राम - śrī rāma



आत्मा राम आनंद रमण
अच्युत केशव हरि नारायण।
भव भय हरण वन्दित चरण
रघुकुल भूषण राजीव लोचन।
आदि नारायण अनंत शयन
सच्चिदानंद सत्यनारायण॥

ātmā rāma ānanda ramaṇa
acyuta keśava hari nārāyaṇa |
bhava bhaya haraṇa vandita caraṇa
raghukula bhūṣaṇa rājīva locana |
ādi nārāyaṇa ananta śayana
saccidānanda satyanārāyaṇa ||

राम राम राम राम राम नाम तारकम्
राम कृष्ण वासुदेव भुक्ति मुक्ति दायकम्।
जानकी मनोहरं सर्व लोक नायकम्
शंकरादि सेव्यमान पुण्य नाम कीर्तनम्।
राम राम राम राम राम राम राम्
राम राम राम सीता राम राम राम्॥

rāma rāma rāma rāma
rāma nāma tārakam
rāma kṛṣṇa vāsudeva
bhukti mukti dāyakam |
jānakī manoharaṁ
sarva loka nāyakam
śaṅkarādi sevyamāna
puṇya nāma kīrtanam |
rāma rāma rāma rāma
rāma rāma rām
rāma rāma rāma sītā
rāma rāma rām ||

श्रीरामचन्द्र कृपालु भजु मन

श्रीरामचन्द्र कृपालु भजु मन हरण भवभय दारुणम् ।
नवकञ्ज लोचन कञ्ज मुखकर कञ्जपद कञ्जारुणम् ।।१।।

कंदर्प अगणित अमित छबि नव नील नीरज सुन्दरम् ।
पटपीत मानहुँ तड़ित रुचि सुचि नौमि जनक सुतावरम् ।।२।।

भजु दीन बन्धु दिनेश दानव दैत्यवंशनिकन्दनम् ।
रघुनन्द आनंदकंद कोशल चन्द दशरथ नन्दनम् ।।३।।

सिर मुकुट कुण्डल तिलक चारु उदार अङ्ग विभूषणम् ।
आजानुभुज सर चापधर संग्राम जित खरदूषणम् ।।४।।

इति वदति तुलसीदास शङ्कर शेष मुनि मनरञ्जनम् ।
मम हृदयकञ्ज निवास कुरु कामादिखलदलमञ्जनम् ।।५।।

śrīrāmacandr kṛpālu bhaju man haraṇ bhavabhay dāruṇam |
navakañj locan kañj mukhakar kañjapad kañjāruṇam || 1||

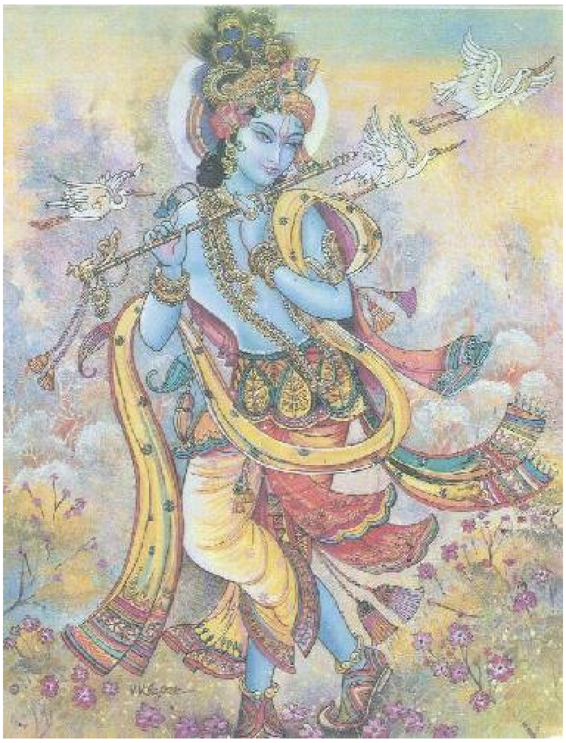
kandarp agaṇit amit chabi nav nīl nīraj sundaram |
paṭapīt mānahum̐ taḍit ruci suci naumi janak sutāvaram || 2||

bhaju dīn bandhu dineś dānav daityavaṁśanikandanam |
raghunand ānandakand kośal cand daśarath nandanam || 3||

sir mukuṭ kuṇḍal tilak cāru udār aṅg vibhūṣaṇam |
ājānubhuj sar cāpadhar saṅgrām jit kharadūṣaṇam || 4||

iti vadati tulasīdās śaṅkar śeṣ muni manarañjanam |
mam hṛdayakañj nivās kuru kāmādikhaladalamañjanam || 5||

श्री कृष्ण - śrī kṛṣṇa



हरि हरि हरि हरि स्मरण करो
हरि चरण कमल ध्यान करो
मुरली माधव सेवा करो
मुरहर गिरिधारि भजन करो ॥

hari hari hari hari smaraṇa karo
hari caraṇa kamala dhyāna karo
muralī mādhava sevā karo
murahara giridhāri bhajana karo ||

सदा निरन्तर हरि गुणा गा ओ
प्रेम भक्ति से भजन सुना ओ
श्याम पिया के शरण मे आ ओ
मन मन्दिर मे दीप जला ओ
जीवन नय्या पार करा ओ ॥

sadā nirantara hari guṇā gā o
prema bhakti se bhajana sunā o
śyāma piyā ke śaraṇa me ā o
mana mandira me dīpa jalā o
jīvana nayyā pāra karā o ||

Saadhanaa nitya saadhanaa

vyakti vyakti me jagaaye hindu chetanaa
jan man sanskaar kare yahii saadhanaa
saadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa ||

nitya shaakha jaahnavi puniit jaldharaa
saadhanaa ki punyabhumi shakti piitikaa
raja kano me prakate divya deepa maalikaa
ho tapasvi ke samaan sangh saadhanaa
saadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa ||

he prabho tu vishwa ki ajeya shakti de
jagat ho vinamra aisaa sheel ham ko de
kasht se bharaa huaa ye panth kaatane
jnaan de ki ho saral hamaari saadhanaa
saadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa ||

vijayashaali sangha baddha kaarya shakti de
teevra aur akhand dhyeya nishta ham ko de
hindu dharma rakshnaartha veer vrata sphure
tava kripaa se ho saphal hamaari saadhanaa
saadhanaa nitya saadhanaa, saadhanaa akhand saadhanaa ||

Meaning

Let us awaken the Hindu consciousness in every individual
Giving good 'sanskars' to every mind in itself is our penance
This penance is to be performed daily, and is an unbroken one ||

Regular Shaakhaa is like the holy waters of Ganga
The place where we perform this penance is a holy place (Sangh sthaan)
Divine light manifests in every bit of this place
Let our penance of Sangh work be severe like that of our sages
This penance is to be performed daily, and is an unbroken one ||

O God, give us the invincible strength
and the character which would make the world bow to us with respect
This path of Sangh work is difficult
Give us the right knowledge to make this journey easy
This penance is to be performed daily, and is an unbroken one ||

Give us the organized strength that will be victorious
Give us unbroken and firm conviction in our chosen mission
Inspire us with a warrior's vow to protect Hindu Dharma
With your blessings, may our mission be successful. ||

॥साधना नित्य साधना॥

व्यक्ति व्यक्ति मे। जगायें हिन्दु चेतना
जन मन संस्कार करें यही साधना
साधना नित्य साधना
साधना अखण्ड साधना॥

नित्य शाखा जाह्नवी पुनीत जलधरा
साधना की पुण्यभूमि शक्ति पीठिका
रज कणो में प्रकटे दिव्य दीप मालिका
हो तपस्वी के समान संघ साधना॥

हे प्रभो तू विश्व की अजेय शक्ति दे
जगत हो विनम्र ऐसा शील हम को दे
कष्ट से भरा हुआ यह पन्थ काटने
ज्ञान दे कि हो सरल हमारी साधना॥

विजयशाली संघबद्ध कार्यशक्ति दे
तीव्र और अखण्ड ध्येय निष्ठा हम को दे
हिन्दु धर्म रक्षणार्थ वीरव्रत स्फुरे
तव कृपा से हो सफल हमारी साधना॥

विश्वधर्म की जय हो जय हो

विश्वधर्म की जय हो जय हो एक हमारा नारा
ऋषि मुनियों की सन्तति हम है उच्चादर्श हमारा ॥

नियमित शाखा संस्कारों से
सीखें सभी नियम अनुशासन
समाज प्रति हो अक्षय निष्ठा
करें समर्पित तन मन धन
धर्म भूमि का कण कण तृण तृण
है प्राणों से प्यारा ॥ ऋषि मुनियों की ॥

रूढि कुरीति और विषमता
ऊंच नीच का भाव मिटाकर
संगठना की शंख ध्वनि हो
बन्धु बन्धु का भाव जगाकर
नव जागृति का सूर्य उगा दे
है संकल्प हमारा ॥ऋषि मुनियों की ॥

अपने तेज शील पौरुष से
करे संगठित हिन्दू सारा
धरती से लेकर अम्बर तक
गूञ्ज उठे जयकार हमारा
प्रति पल चिन्तन ध्येय देव का
जीवन कार्य हमारा ॥ ऋषि मुनियों की ॥

vishva dharma ki jaya ho jaya ho
ek hamaara naaraa
rishi muniyon ki santati ham hai
ucchaadarsha hamaaraa ||

niyamita shaakhaa sanskaaron se
siikhe sabhii niyama anushaasana
samaaj prati ho akshaya nishtaa
kare samarpita tan man dhan
dharma bhoomi kaa kaNa kaNa
triNa triNa
hai praanon se pyaaraa ||

roodi kureeti aur vishamataa
uunch niich kaa bhaav mitaakar
sangaTanaa ki shankh dhwani ho
bandhu bandhu kaa bhaav jagaakar
nav jaagriti kaa suurya ugaa de
hai sankalpa hamaaraa ||

apane tej sheel paurush se
kare sangaTita hindu saaraa
dharti se lekar ambar tak
goonje ute jaikaar hamaaraa
prati pala chintana dhyeya deva kaa
jeevan kaarya hamaaraa ||

| | loka hitam mama karaNIyam | |

manasaa satatam smaraNIyam,
vachasaa satatam vadanIyam
loka hitam mama karaNIyam | |

na bhoga bhavane ramaNIyam,
na cha sukha shayane shayenIyam
aharnisham jaagaraNIyam,
lokahitam mama karaNIyam | |

na jaatu dukham gaNanIyam,
na cha nija saukhyam mananIyam
kaarya kshetre twaraNIyam,
lokahitam mama karaNIyam | |

dukh saagare taraNIyam
kashTa parvate charaNIyam
vipatti vipine bhramaNIyam
lokahitam mama karaNIyam | |

gahanaaraNye ghanaandhakaare,
bandhu janaa ye sthitaa gahvare
tatra mayaa sancharaNIyam,
lokahitam mama karaNIyam | |

॥ लोक हितं मम करणीयम् ॥

मनसा सततं स्मरणीयम् वचसा सततं वदनीयम्
लोक हितं मम करणीयम् ॥

न भोग भवने रमणीयम् न च सुख शयने शयनीयम्
अहर्निशम् जागरणीयम् लोकहितं मम करणीयम् ॥

न जातु दुःखम् गणनीयम् न च निज सौख्यं मननीयम्
कार्यक्षेत्रे त्वरणीयम् लोकहितं मम करणीयम् ॥

दुःख सागरे तरणीयम् कष्ट पर्वते चरणीयम्
विपत्ति विपिने भ्रमणीयम् लोकहितं मम करणीयम् ॥

गहनारण्ये घनान्धकारे बन्धुजना ये स्थिता गह्वरे
तत्र मया सञ्चरणीयम् लोकहितं मम करणीयम् ॥

yah punya pravaah hamaaraa

yah kal kal chhal chhal bahati
kyaa kahati gangaa dhaaraa
yug yug se bahetaa aataa
yah punya pravaah hamaaraa... yah

is dhaaraa me ghul mil kar
viro.n ki raakh bahi hai
is dhaaraa ki kitane hI
rishiyo ne sharan gahi hai
is dhaaraa kI godI me
khelaa itihaas hamaaraa... yah

yah aviral tap kaa phal hai
yah punya pravaah prabal hai
shubh sanskruti kaa parichaayak
bhaarat kaa yah aanchal hai
hindu ke chir jIvan kaa
maryaadaa dharma sahaaraa... yah

kyaa is ko rok sakenge
miTane vaale miT jaaye.n
kankar patthar ki hastI
kyaa baadhaa banakar aaye.n
Dah jaayenge giri parvata
kaampe bhuu manDal saaraa... yah

॥ यह पुण्य प्रवाह हमारा ॥

यह कल कल छल छल बहती क्या कहती गंगा धारा
युग युग से बहता आता यह पुण्य प्रवाह हमारा ॥

इस धारा में घुल मिल कर वीरों की राख बही है
इस धारा की कितने ही ऋषियों ने शरण गही है
इस धारा की गोदी में खेला इतिहास हमारा ॥ यह ..

यह अविरल तप का फल है यह पुण्य प्रवाह प्रबल है
शुभ संस्कृति का परिचायक भारत का यह आञ्चल है
हिन्दु के चिर जीवन का मर्यादा धर्म सहारा ॥ यह ..

क्या इस को रोक सकेंगे मिटनेवाले मिट जायें
कंकर पत्थर की हस्ती क्या बाधा बनकर आयें
ढह जायेंगे गिरि पर्वत कांपे भूमंडल सारा ॥ यह ..

Krinvanto Vishwamaaryam …

ek saath ucchaar kare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

aaj nahii praachiin samay se, mantra hamaaraa saathii
duur duur takphailaayii thii, aarya dharm kii khyaatii
kaal chakra jab ghoom padaa tab, lakshya huaa thaa ojhal
jaag utii hai drushti hamaarii, rahii nahii ab ojhal
divya drishya sandesh smare, ham aisaaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

ved aur upanishad sikhaate, kyaa kartavya hamaaraa
raam kathaa giitaa sikhalaatii, jo gantavya hamaaraa
mile vishwa me duur duur tak, smaskriti ke bikhare avashesh
karate prerita karo punah tuma bikharita jaagriti ke sandesh
puujan se avakaash bhare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

akhila vishwa me ek baar phir unnat dhwaj bhagwaa dole
akhila vishwa me ek baar phir aarya dharma ki jay bole
vedon ke anushiilan se ham avishkaar nit naye kare
duniyaa kaa maanav bhaarat kaa aaraadhan aur naman kare
jag apanaa uddhaar kare, ham aisaa vyavahaar kare
ek mantra kaa ghosh kare, krinvanto vishwamaaryam ||

Meaning

We shall proclaim together and we shall conduct accordingly
We shall chant this mantra together, "Let us ennoble the entire world"

Not today, this mantra has been with us since ages
The fame of our noble Dharma had spread far and wide
With the passing of time, this noble vision got blurred
Our vision is awakened now and the veil stands removed
We shall remember this grand vision and divine mission
We shall chant this mantra together, "Let us ennoble the entire world"

Vedas and Upaniishads are teaching us what our duties are
The story of Ram and Bhagavadgita are teaching us what our goals are
The influence of our culture has been found all over the world
They are calling upon us to spread this message again
We shall conduct accordingly
We shall chant this mantra together, "Let us ennoble the entire world"

May we unfurl the Bhagwa Dhwaj all over the world once again
May this Sanatana Dharma be victorious all over the world once again
As per the dictates of Vedas, may we continue to innovate
May the humankind bow in respect to Bharat

May the entire world uplift itself
We shall conduct accordingly
We shall chant this mantra together, "Let us ennoble the entire world"

कृण्वन्तो विश्वमार्यम्
एक साथ उच्चार करें हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृण्वन्तो विश्वमार्यम् ॥

आज नहीं प्राचीन समय से मन्त्र हमारा साथी
दूर दूर तक फैलायी थी आर्य धर्म की ख्याति
काल चक्र जब घूम पडा तब लक्ष्य हुआ था ओझल
जाग उठी है दृष्टि हमारी रही नहीं अब ओझल
दिव्य दृश्य सन्देश स्मरें हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृण्वन्तो विश्वमार्यम् ॥

वेद और उपनिषद सिखाते क्या कर्तव्य हमारा
राम कथा गीता सिखलाती जो गन्तव्य हमारा
मिले विश्व में दूर दूर तक संस्कृति के बिखरे अवशेष
करते प्रेरित करो पुनः तुम बिखरित जागृति के सन्देश
पूजन से अवकाश भरे हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृण्वन्तो विश्वमार्यम् ॥

अखिल विश्व में एक बार फिर उन्नत ध्वज भगवा डोले
अखिल विश्व में एक बार फिर आर्य धर्म की जय बोले
वेदों के अनुशीलन से हम अविष्कार नित नये करे
दुनिया का मानव भारत का आराधन और नमन करे
जग अपना उद्धार करे हम ऐसा व्यवहार करें
एक मन्त्र का घोष करें कृण्वन्तो विश्वमार्यम् ॥

॥ सुभाषितानि ॥

subhāṣitāni (Good Words)

नाभिषेको न संस्कारः सिंहस्य क्रियते वने ।

विक्रमार्जित सत्वस्य स्वयमेव मृगेन्द्रता ॥

nābhiṣeko na saṁskāraḥ siṁhasya kriyate vane |

vikramārjita satvasya svayameva mṛgendratā ||

There is no crowning ceremony for the Lion in the forest. Simply by virtue of its own strength, it is declared the king of animals.

अमंत्रम् अक्षरं नास्ति नास्ति मूलम् अनौषधम् ।

अयोग्यः पुरुषो नास्ति योजकः तत्र दुर्लभः ॥

amantram akṣaraṁ nāsti nāsti mūlam anauṣadham |

ayogyaḥ puruṣo nāsti yojakaḥ tatra durlabhaḥ ||

There is no letter that cannot be used in a mantra (divine poems). No plant's root that cannot be used as medicine. There is no useless person. Scarcity is for an organizer (who makes use of them).

अयं निजः परो वेति गणना लघुचेतसाम् ।

उदार चरितानां तु वसुधा एव कुटुम्बकम् ॥

ayaṁ nijaḥ paro veti gaṇanā laghucetasām |

udāra caritānāṁ tu vasudhā eva kuṭumbakam ||

This one belongs to my group, the other one is an outsider - This is the thought of petty people; for the magnanimous, broadminded person, the whole world is his family.

परोपकाराय फलन्ति वृक्षाः परोपकाराय वहन्ति नद्यः ।

परोपकाराय दुहन्ति गावः परोपकाराय शरीरमेतत् ॥

paropakārāya phalanti vṛkṣāḥ paropakārāya vahanti nadyaḥ |

paropakārāya duhanti gāvaḥ paropakārāya śarīrametat ||

Trees bear fruit to do good to others, Rivers flow to do good to others; Cows give milk to do good to others - This body is for doing good to others.

गच्छत्पिपीलिका याति योजनानि शतान्यपि ।

अगच्छन् वैनतेयोऽपि पदमेकं न गच्छति ॥

gacchatpipīlikā yāti yojanāni śatānyapi |

agacchan vainateyo'pi padamekaṁ na gacchati ||

Even as ant, if it's moving, covers hundreds of miles; but an idleVainetaya [Garuda] doesn't move a step forward.

सत्यं माता पिता ज्ञानं धर्मो भ्राता दया गुरुः ।

शान्तिर्मित्रं क्षमा भ्रात्री षडेते मम बान्धवाः ॥

satyaṁ mātā pitā jñānaṁ dharmo bhrātā dayā guruḥ |

śāntirmitraṁ kṣamā bhrātrī ṣaḍete mama bāndhavāḥ ||

Truth is mother, Knowledge is father, Dharma is brother, Compassion is preceptor, Peace is friend, Forgiveness is sister. These six are my true relatives.

चिन्तनीया हि विपदामादावेव प्रतिक्रिया ।

न कूपखननं युक्तं प्रदीप्ते वह्निना गृहे ॥

cintanīyā hi vipadāmādāveva pratikriyā |

na kūpakhananaṁ yuktaṁ pradīpte vahninā gṛhe ||

One should be prepared to meet difficulties even before difficulties arise. Starting to dig a well when the house is on fire is not wise.

अलसस्य कुतः विद्या अविद्यस्य कुतः धनम् ।

अधनस्य कुतः मित्रम् अमित्रस्य कुतः सुखम् ॥

alasasya kutaḥ vidyā avidyasya kutaḥ dhanam |

adhanasya kutaḥ mitram amitrasya kutaḥ sukham ||

How can a lazy one get educated? how can an uneducated man earn wealth? how can a penniless man have friends? and how can anyone be happy without friends ?

|| saṅgha prārthanā ||

sarvamaṅgala māṅgalyāṁ
devīṁ sarvārtha sādhikām |
śaraṇyāṁ sarvabhūtānāṁ
namāmo bhūmimātaram ||1

saccidānanda rūpāya
viśvamaṅgala hetave |
viśvadharmaika mūlāya
namostu paramātmane ||2

viśvadharma vikāsārthaṁ
prabho saṅghaṭitā vayam |
śubhām āśiṣamasmabhyam
dehi tat paripūrtaye ||3

ajayyamātma sāmarthyaṁ
suśīlaṁ loka pūjitam |
jñānaṁ ca dehi viśveśa
dhyeya mārga prakāśakam ||4

samutkarṣostu no nityaṁ
niḥśreyasa samanvitaḥ |
tatsādhakaṁ sphuratvantaḥ
suvīravratamujvalam ||5

viśvadharma prakāśena
viśvaśānti pravartake |
hindusaṅghaṭanā kārye
dhyeyaniṣṭhā sthirāstunaḥ ||6

saṅghaśaktirvijetrīyaṁ
kṛtvāsmaddharma rakṣaṇam |
paramaṁ vaibhavaṁ prāptuṁ
samarthāstu tavāśiṣā ||7

tvadīye puṇya kāryesmin
viśva kalyāṇa sādhake
tyāga sevā vratasyāyam
kāyo me patatu prabho ||8
|| viśva dharma kī jay ||

॥ संघ प्रार्थना ॥

सर्वमंगल मांगल्यां देवीं सर्वार्थ साधिकाम्।
शरण्यां सर्वभूतानां नमामो भूमिमातरम्॥१

सच्चिदानन्द रूपाय विश्वमंगल हेतवे।
विश्वधर्मैक मूलाय नमोस्तु परमात्मने॥२

विश्वधर्म विकासार्थं प्रभो संघटिता वयम्।
शुभामाशिषमस्मभ्यम् देहि तत् परिपूर्तये॥३

अजय्यमात्म सामर्थ्यं सुशीलं लोक पूजितम्।
ज्ञानं च देहि विश्वेश ध्येय मार्ग प्रकाशकम्॥४

समुत्कर्षोस्तु नो नित्यं निःश्रेयस समन्वितः।
तत्साधकं स्फुरत्वन्तः सुवीरव्रतमुज्वलम्॥५

विश्वधर्म प्रकाशेन विश्वशान्ति प्रवर्तके।
हिन्दुसंघटना कार्ये ध्येयनिष्ठा स्थिरास्तुनः॥६

संघशक्तिर्विजेत्रीयं कृत्वास्मद्धर्म रक्षणम्।
परमं वैभवं प्राप्तुं समर्थास्तु तवाशिषा॥७

त्वदीये पुण्य कार्येस्मिन् विश्व कल्याण साधके।
त्याग सेवा व्रतस्यायम् कायो मे पततु प्रभो॥ ८

॥ विश्व धर्म की जय॥

Meaning of Prarthana

The most sacred of all that is auspicious
The means to achieve all that one aspires
The safe refuge of all living beings
O Goodness Mother Earth, We salute thee.

You are the cause for the Universe good,
The embodiment of the Truth Wisdom, and Bliss
The Unique origin of Universal Righteousness,
Our Salutations to You, O God, Supreme.

Together we have come organized, O Bhagavan,
For the purpose of spreading Universal Dharma,
We seek Your blessings, the divine grace,
Bestow on us to accomplish the aim.

Possession of valor, unconquerable ever
Conduct, character renowned world over
Bestow the wisdom that brightens, O God
Paving the way to realize the goal.

Endowed with prosperity, exaltation, perpetual,
May there be affluence bestowed on us;
inspired are we to practice,
the radiant, worthy, valiant, vow.

With enlightenment from the Universal Dharma,
in propagating peace through out the world
in the task of achieving Hindu unity,
May our aim and deep faith remain resolute.

With the triumphant power of the organization,
by safeguarding our own Dharma, the righteousness,
May we be blessed to be competent
To attain the glory supreme, sublime.

In pursuit of the welfare of the mankind,
which indeed is thy holy cause
and inspired by the noble virtues of service and sacrifice,
let my life, O Bhagawan, be offered at your feet.

| | Victory to Universal Dharma | |

एकता मन्त्र

यं वैदिका मन्त्रदृशः पुराणाः
इन्द्रं यमं मातरिश्वा नमाहुः ।
वेदान्तिनो निर्वचनीयमेकम्
यं ब्रह्म शब्देन विनिर्दिशन्ति ॥

शैवायमीशं शिव इत्यवोचन्
यं वैष्णवा विष्णुरिति स्तुवन्ति ।
बुद्धस्तथार्हन् इति बौद्ध जैनाः
सत् श्री अकालेति च सिख्ख सन्तः ॥

शास्तेति केचित् कतिचित् कुमारः
स्वामीति मातेति पितेति भक्त्या ।
यं प्रार्थयन्ते जगदीशितारम्
स एक एव प्रभुरद्वितीयः ॥

ekatā mantra

(Unity Hymn)

yaṁ vaidikā mantradṛśaḥ purāṇāḥ
indraṁ yamaṁ mātariśvā namāhuḥ |
vedāntino nirvacanīyamekam
yaṁ brahma śabdena vinirdiśanti ||

śaivāyamīśaṁ śiva ityavocan
yaṁ vaiṣṇavā viṣṇuriti stuvanti |
buddhastathārhan iti bauddha jaināḥ
sat śrī akāleti ca sikhkha santaḥ ||

śāsteti kecit katicit kumāraḥ
svāmīti māteti piteti bhaktyā |
yaṁ prārthayante jagadīśitāram
sa eka eva prabhuradvitīyaḥ ||

Meaning

(The One God was addressed by sages with different names. This mantra conveys the message that God is one, but the names and forms are many)

To whom the Vaidikas and the ancient seers call Indra, Yama and Matarishwaa, and the Vedantins indicate that inexplicable one by the word Brahma.

To which almighty the Shaivaites call Shiva and the Vaishnavaites praise as Vishnu. To Whom, the Bauddhas call Buddha, The Jainas call Arhan, and the Sikhs call Sat-Shri-Akal.

Some call that almighty as Shaasta, some others as Kumaar or Swaami, Maata or Pitaa through devotion and prayer. That Lord of the Universe is only one absolute without a second.

॥ भोजन मन्त्र ॥

ब्रह्मार्पणम् ब्रह्म हविर् ब्रह्माग्नौ ब्रह्मणाहुतम् ।
ब्रह्मैव तेन गन्तव्यम् ब्रह्म कर्म समाधिना ॥
ॐ सहनाववतु । सहनौ भुनक्तु ।
सहवीर्यं करवावहै ।
तेजस्विनावधीतमस्तु ।
माविद्विषावहै ।
ॐ शान्तिः शान्तिः शान्तिः ॥

अन्न ग्रहण करने से पहले विचार मन मे करना है
किस हेतु से इस शरीर का
रक्षण पोषण करना है ।
हे परमेश्वर एक प्रार्थना नित्य तुम्हारे चरणो मे
लग जाये तन मन धन मेरा
विश्व धर्म की सेवा मे ॥

॥ विश्व धर्म की जय ॥

|| bhojana mantra ||

(Before Taking Food)

brahmārpaṇam brahma havir
brahmāgnau brahmaṇāhutam |
brahmaiva tena gantavyam
brahma karma samādhinā ||
om sahanāvavatu |
sahanau bhunaktu |
sahavīryaṁ karavāvahai |
tejasvināvadhītamastu |
māvidviṣāvahaī |
om śāntiḥ śāntiḥ śāntiḥ ||

anna grahaṇa karane se pahale
vicār man me karanā hai
kis hetu se is śarīra kā rakṣaṇa
poṣaṇa karanā hai |
he parameśvara ek prārthanā
nitya tumhāre caraṇo me
lag jāye tan man dhan merā
viśva dharma kī sevā me ||

|| viśva dharma kī jay ||

May God protect both of us. May we be nourished together. May we work together. May our studies be brilliant. May we not fight with each other. Peace. Peace. Peace.

Brahman is the oblation (fire sacrifice). Brahman is the ghee. The oblation is poured by Brahman into the fire of Brahman. Brahman shall be realized by the one who considers everything as (a manifestation or) an act of Brahman.

Before we consume this food, we should contemplate about why we should nourish and protect our body. Every day, my only prayer with God is to engage my body, mind and wealth at the service of Dharma.

एकात्मता स्तोत्रम्

ॐ नमः सच्चिदानन्द रूपाय परमात्मने ।
ज्योतिर्मय स्वरूपाय विश्व माङ्गल्य मूर्तये ॥ १ ॥

प्रकृतिः पञ्च भूतानि ग्रहा लोका स्वरास्तथा ।
दिशः कालश्च सर्वेषां सदा कुर्वन्तु मङ्गलम् ॥ २ ॥

रत्नाकराधौ तपदां हिमालय किरीटिनीम् ।
ब्रह्म राजर्षि रत्नाढ्यां वन्दे भारत मातरम् ॥ ३ ॥

महेन्द्रो मलयः सह्यो देवतात्मा हिमालयः ।
ध्येयो रैवतको विन्ध्यो गिरिश्चारावलिस्तथा ॥ ४ ॥

गङ्गा सरस्वती सिन्धुर्ब्रह्मपुत्रश्च गण्डकी ।
कावेरी यमुना रेवा कृष्णा गोदा महानदी ॥ ५ ॥

अयोध्या मथुरा माया काशी काञ्चि अवन्तिका ।
वैशाली द्वारिका ध्येया पुरी तक्षशिला गया ॥ ६ ॥

प्रयागः पाटलीपुत्रम् विजयानगरम् महत् ।
इन्द्रप्रस्थं सोमनाथः तथाऽमृतसरः प्रियम् ॥ ७ ॥

चतुर्वेदाः पुराणानि सर्वोपनिषदस्तथा ।
रामायणं भारतं च गीता सद्दर्शनानि च ॥ ८ ॥

जैनागमास्त्रिपिटका गुरुग्रन्थः सतां गिरः ।
एष ज्ञाननिधिः श्रेष्ठः श्रद्धेयो हृदि सर्वदा ॥ ९ ॥

अरुन्धत्यनसूया च सावित्री जानकी सती ।
द्रौपदी कण्णगी गार्गी मीरा दुर्गावती तथा ॥ १० ॥

लक्ष्मीरहल्या चन्नम्मा रुद्रमाम्बा सुविक्रमा ।
निवेदिता सारदा च प्रणम्या मातृ देवताः ॥ ११ ॥

श्रीरामो भरतः कृष्णो भीष्मो धर्मस्तथार्जुनः ।
मार्कण्डेयो हरिश्चन्द्रः प्रह्लादो नारदो ध्रुवः ॥ १२ ॥

हनुमान् जनको व्यासो वसिष्ठश्च शुको बलिः ।
दधीचि विश्वकर्माणौ पृथु वाल्मीकि भार्गवाः ॥ १३ ॥

भगीरथश्चैकलव्यो मनुर्धन्वन्तरिस्तथा ।
शिबिश्च रन्तिदेवश्च पुराणोद्गीत कीर्तयः ॥ १४ ॥

बुद्धा जिनेन्द्रा गोरक्षः पाणिनिश्च पतञ्जलिः ।
शङ्करो मध्व निम्बार्कौ श्रीरामानुज वल्लभौ ॥ १५ ॥

झूलेलालोऽथ चैतन्यः तिरुवळ्ळुवरस्तथा ।
नायन्मारालवाराश्च कम्बश्च बसवेश्वरः ॥ १६ ॥

देवलो रविदासश्च कबीरो गुरु नानकः ।
नरसिस्तुलसीदासो दशमेशो द्रुढव्रतः ॥ १७ ॥

श्रीमत् शङ्करदेवश्च बन्धू सायण माधवौ ।
ज्ञानेश्वरस्तुकारामो रामदासः पुरन्दरः ॥ १८ ॥

बिरसा सहजानन्दो रामानन्दस्तथा महान् ।
वितरन्तु सदैवैते दैवीं सद्गुणसम्पदम् ॥ १९ ॥

भरतर्षिः कालिदासः श्रीभोजो जकणस्तथा ।
सूरदासस्त्यागराजो रसखानश्च सत्कविः ॥ २० ॥

रविवर्मा भातखण्डे भाग्यचन्द्रः स भूपतिः ।
कलावन्तश्च विख्याताः स्मरणीयाः निरन्तरम् ॥ २१ ॥

अगस्त्यः कम्बु कौण्डिन्यौ राजेन्द्रश्चोल वंशजः ।
अशोकः पुष्यमित्रश्च खारवेलः सुनीतिमान् ॥ २२ ॥

चाणक्य चन्द्रगुप्तौ च विक्रमः शालिवाहनः ।
समुद्रगुप्तः श्रीहर्षः शैलेन्द्रो बप्परावलः ॥ २३ ॥

लाचिद् भास्करवर्मा च यशोधर्मा च हूणजित् ।
श्रीकृष्णदेवरायश्च ललितादित्य उद्बलः ॥ २४ ॥

मुसुनूरि नायकौ तौ प्रतापः शिवभूपतिः ।
रणजित् सिंह इत्येते वीरा विख्यात विक्रमाः ॥ २५ ॥

वैज्ञानिकाश्च कपिलः कणादः सुश्रुतस्तथा ।
चरको भास्कराचार्यो वराहमिहिरः सुधीः ॥ २६ ॥

नागार्जुनो भरद्वाज आर्यभट्टो बसुर्बुधः ।
ध्येयो वेङ्कटरामश्च विज्ञा रामानुजादयः ॥ २७ ॥

रामकृष्णो दयानन्दो रविन्द्रो राममोहनः ।
रामतीर्थोऽरविन्दश्च विवेकानन्द उद्यशाः ॥ २८ ॥

दादाभाई गोपबन्धुः तिलको गान्धिरादृताः ।
रमणो मालवीयश्च श्रीसुब्रह्मण्य भारती ॥ २९ ॥

सुभाषः प्रणवानन्दः क्रान्तिवीरो विनायकः ।
ठक्करो भीमरावश्च फुले नारायणो गुरुः ॥ ३० ॥

सङ्घशक्तिः प्रणेतारौ केशवो माधवस्तथा ।
स्मरणीयाः सदैवैते नवचैतन्यदायकाः ॥ ३१ ॥

अनुक्ता ये भक्ताः प्रभुचरण संसक्त हृदयाः
अविज्ञाता वीरा अधिसमरमुध्वस्त रिपवः ।
समाजोद्धर्तारः सुहितकर विज्ञान निपुणाः
नमस्तेभ्यो भूयात् सकलसुजनेभ्यः प्रतिदिनम् ॥ ३२ ॥

इदमेकात्मतास्तोत्रं श्रद्धया यः सदा पठेत् ।
स राष्ट्रधर्म निष्ठावान् अखण्डं भारतं स्मरेत् ॥ ३३ ॥

॥विश्व धर्म की जय ॥

ekātmatā stotram

om namaḥ saccidānanda rūpāya paramātmane |
jyotirmaya svarūpāya viśva māṅgalya mūrtaye || 1 ||

prakṛtiḥ pañca bhūtāni grahā lokā svarāstathā |
diśaḥ kālaśca sarveṣāṁ sadā kurvantu maṅgalam || 2 ||

ratnākarādhau tapadāṁ himālaya kirīṭinīm |
brahma rājarṣi ratnāḍhyāṁ vande bhārata mātaram || 3 ||

mahendro malayaḥ sahyo devatātmā himālayaḥ |
dhyeyo raivatako vindhyo giriścārāvalistathā || 4 ||

gaṅgā sarasvatī sindhurbrahmaputraśca gaṇḍakī |
kāverī yamunā revā kṛṣṇā godā mahānadī || 5 ||

ayodhyā mathurā māyā kāśī kāñci avantikā |
vaiśālī dvārikā dhyeyā purī takṣaśilā gayā || 6 ||

prayāgaḥ pāṭalīputram vijayānagaram mahat |
indraprasthaṁ somanāthaḥ tathā'mṛutasaraḥ priyam || 7 ||

caturvedāḥ purāṇāni sarvopaniṣadastathā |
rāmāyaṇaṁ bhārataṁ ca gītā saddarśanāni ca || 8 ||

jaināgamāstripiṭakā gurugranthaḥ satāṁ giraḥ |
eṣa jñānanidhiḥ śreṣṭhaḥ śraddheyo hṛdi sarvadā || 9 ||

arundhatyanasūyā ca sāvitrī jānakī satī |
draupadī kaṇṇagī gārgī mīrā durgāvatī tathā || 10 ||

lakṣmīrahalyā cannammā rudramāmbā suvikramā |
niveditā sāradā ca praṇamyā mātṛ devatāḥ || 11 ||

śrīrāmo bharataḥ kṛṣṇo bhīṣmo dharmastathārjunaḥ |
mārkaṇḍeyo hariścandraḥ prahlādo nārado dhruvaḥ || 12 ||

hanumān janako vyāso vasiṣṭhaśca śuko baliḥ |
dadhīci viśvakarmāṇau pṛthu vālmīki bhārgavāḥ || 13 ||

bhagīrathaścaikalavyo manurdhanvantaristathā |
śibiśca rantidevaśca purāṇodgīta kīrtayaḥ || 14 ||

buddhā jinendrā gorakṣaḥ pāṇiniśca patañjaliḥ |
śaṅkaro madhva nimbārkau śrīrāmānuja vallabhau || 15 ||

jhūlelālo'tha caitanyaḥ tiruvaḷḷuvarastathā |
nāyanmārālavārāśca kambaśca basaveśvaraḥ || 16 ||

devalo ravidāsaśca kabīro guru nānakaḥ |
narasistulasīdāso daśameśo druḍhavrataḥ || 17 ||

śrīmat śaṅkaradevaśca bandhū sāyaṇa mādhavau |
jñāneśvarastukārāmo rāmadāsaḥ purandaraḥ || 18 ||

birasā sahajānando rāmānandastathā mahān |
vitarantu sadaivaite daivīṁ sadguṇasampadam || 19 ||

bharatarṣiḥ kālidāsaḥ śrībhojo jakaṇastathā |
sūradāsastyāgarājo rasakhānaśca satkaviḥ || 20 ||

ravivarmā bhātakhaṇḍe bhāgyacandraḥ sa bhūpatiḥ |
kalāvantaśca vikhyātāḥ smaraṇīyāḥ nirantaram || 21 ||

agastyaḥ kambu kauṇḍinyau rājendraścola vaṁśajaḥ |
aśokaḥ puṣyamitraśca khāravelaḥ sunītimān || 22 ||

cāṇakya candraguptau ca vikramaḥ śālivāhanaḥ |
samudraguptaḥ śrīharṣaḥ śailendro bapparāvalaḥ || 23 ||

lācid bhāskaravarmā ca yaśodharmā ca hūṇajit |
śrīkṛṣṇadevarāyaśca lalitāditya udbalaḥ || 24 ||

musunūri nāyakau tau pratāpaḥ śivabhūpatiḥ |
raṇajit siṁha ityete vīrā vikhyāta vikramāḥ || 25 ||

vaijñānikāśca kapilaḥ kaṇādaḥ suśrutastathā |
carako bhāskarācāryo varāhamihiraḥ sudhīḥ || 26 ||

nāgārjuno bharadvāja āryabhaṭṭo basurbudhaḥ |
dhyeyo veṅkaṭarāmaśca vijñā rāmānujādayaḥ || 27 ||

rāmakṛṣṇo dayānando ravindro rāmamohanaḥ |
rāmatīrtho'ravindaśca vivekānanda udyaśāḥ || 28 ||

dādābhāī gopabandhuḥ tilako gāndhirādṛtāḥ |
ramaṇo mālavīyaśca śrīsubrahmaṇya bhāratī || 29 ||

subhāṣaḥ praṇavānandaḥ krāntivīro vināyakaḥ |
ṭhakkaro bhīmarāvaśca phule nārāyaṇo guruḥ || 30 ||

saṅghaśaktiḥ praṇetārau keśavo mādhavastathā |
smaraṇīyāḥ sadaivaite navacaitanyadāyakāḥ || 31 ||

anuktā ye bhaktāḥ prabhucaraṇa saṁsakta hṛdayāḥ
avijñātā vīrā adhisamaramudhvasta ripavaḥ |
samājoddhartāraḥ suhitakara vijñāna nipuṇāḥ
namastebhyo bhūyāt sakalasujanebhyaḥ pratidinam || 32 ||

idamekātmatāstotraṁ śraddhayā yaḥ sadā paṭhet |
sa rāṣṭhradharma niṣṭhāvān akhaṇḍaṁ bhārataṁ smaret || 33 ||

||viśva dharma kī jaya ||

Ekatmata Stotra

Ekatmata Stotra is a collection of shlokas, which reminds us of our holy land, Bharat. As Hindus, it's our duty to recollect all the holy places, sacred rivers and mountains of Bharat. By reciting Ekatmata Stotra, we will also be remembering some of the great men and women who have enriched our culture, who have sacrificed their lives to protect our dharma and our holy land. In nutshell, it's a tribute to our heritage.
Each one of us should try to study the lives of the great people mentioned here.

Meaning of Ekatmata Stotra

Om. I bow to the Supreme Lord who is the very embodiment of Truth, Knowledge and Happiness, the one who is Enlightened, and who is the very incarnate of universal good.

May all these cause perpetual good to us: Nature composed of Satva, Rajas and Tamas Gunas; the five elements namely fire, water, air, earth and space; The seven notes of Music; The ten quarters and time - past, present and future.

I worship Bharat Mata (the holy land) whose feet are being washed by the ocean waves, whose crown is the snowy Himalayas, whose illustrious sons have distinguished themselves as Brahmarshis and as Rajarshis.
These mountains of our country should always be remembered - Mahendra (in Orsissa), Malaya Giri (in Mysore), Sahyadri (Western Coast), Himalaya, the abode of gods, Raivatak (Girnar in Gujarat), Vindhyachal (Central India) and Aravali (in Rajasthan).

Seven important rivers of our holy land: Ganga, Saraswathi (under current), Sindhu, Brahmaputra, Gandaki, Kaveri, Yamuna, Reva (Narmada), Krishna, Godavari and Mahanadi.
Important holy places - Ayodhya, Mathura, Maya (Haridwar), Kashi, Kanchi, Avanthika (Ujjain), Vaishali, Dwaarika, Puri, Takshashila, Gaya, Prayaga, Pataliputra (Patna), Vijayanagara, IndraPrastha (Delhi), Somanath, and the famous Amritsar.

We must revere these great religious books from the core of our heart - the four vedas, eighteen puranas, all the Upanishads, the Ramayana, The Mahabharat, the Gita, the true Philosophies (Six Darshanas), The Agama books of Jainism, the Tripitaka of Buddhism and the truthful verse (Vani) of Guru Granth Sahib.

These great women must be worshipped as mother goddesses -Arundhati (Wife of Sage Vasishta), Anasuya (wife of sage Atri), Savitri, Sati(daughter of Daksha and consort of Lord Siva), Draupadi, Kannagi (a chaste woman of Tamil Nadu), Gargi (a learned woman of the Vedic period), Mira (a famous devotee of Lord Krishna), Durgavati (the brave Queen of Gadha mandala in Central Bharat who fought against the Moghuls), Lakshmibai (the famous Queen of Jhansi), Ahalya Bai Holkar (the famous administrator) , Channamma (the brave lady of Karnataka), Sister Nivedita (the disciple of Vivekananda) and Ma. Sarada (wife of Sri Ramakrishna Paramahansa)

These are the great men of our country whose glory has been sung in the Puranic lore - Lord Rama, King Bharata, Lord Krishna, Bhishma Pitamah, Dharmaraj Yudhishthir, Arjun (the great archer), Sage Markandeya, Truthful king Harischandra, Prahlad, Narada, Dhruva, Hanuman, King Janaka, Vyasa (the great editor of the Vedic Literature), sage Vasishta, Sukhdeva Muni, King Bali, Dadhichi (the great

donor of his bones), Vishwakarma (the great architect), King Prithu (after whom our earth become known as Prithvi), Sage Valmiki (the author of Ramayana), Parashuram (the son of Bhrigu), King Bhagiratha, Ekalavya (a devoted disciple of Guru Dronacharya), Manu (the great Hindu law giver), Dhanvantari (the great Indian Physician), and King Rantideva (who himself starved to feed the hungry). May these noble souls distinguished in their chosen field of activity generously bless us with their divine virtues.

Lord Buddha, Lord Mahavira, the great Yogi Gorakhnath, Panini (the great grammarian), Patanjali (the author of Mahabhashya), Adi Sankaracharya (the great Hindu crusader), philosophers and saints like Madhvacharya, Nimbarkacharya, Jhuleylal (the great saviour of Sindhi Hindus), Mahaprabhu Chaitanya, Tiruvalluvar, Nayanmars, Alawars, Kamban (the Ramayana bard of Tamil), Basaweshwar, Maharishi Deval, Sant Ravidas, Kabir, Guru Nanak, Bhakta Narsi Mehta, Tulsidas, Guru Gobind Singh, Shankardev (the vaishnava saint of Assam), the brothers Sayanacharya and Madhvacharya, Sant Gyaneshwar, Tukaram, Samartha Guru Ramdas, Purandaradas, Birsa Munda of Bihar, Swami Sahajananda and Swami Ramananda (the great saviour of Hinudism in the medieval period), Poet Kalidas, Sri Bhojraj, Jakana, Hindi poet Bhakt Surdas, Bhakta Tyagraj, and poet Rasakhan, Ravi Verma (the famous painter), Bhat Khanda (the great Musician), and Bhagya Chandra (a King of Manipur).

These are the great warriors of our country in the past: Agastya, Kambu, Kaundinya, King Rajendra of Chola Dynasty, Ashoka the Great, Pushyamitra (the founder of Shung Dynasty), Kharavela (king of Kalinga), Chanakya and Chandragupta (the Precept of disciple pair), Shaliwahan of mighty prowess, Samudragupta, Harshwardhan, King Shailendra, Bappa Raval,
Lachit Barfukan, Bhaskara Verma, Yashodharma (the vanquisher of the Hun hordes), Sri Krishnadevaraya (the great king of Vijayanagar Empire), Lalitaditya (a great warrior),
Prolaya Nayak, Kappa Nayak, Maharana Pratap, Chhattrapati Shivaji, and Maharaja Ranjit Singh.

These are the great Indian scientists whom we must not forget : Kanaada Rishi, Susruta (the great Indian Surgeon), Charaka, Bhaskaracharya, Varahmihira, Nagarjuna, Bharadwaja, Arya Bhatta, Jagadish Chandra Basu, C.V. Raman and Ramanuja.

And these are the some social and religious leaders who brought about a great revival of the age old Hindu Society and infused new blood into its viens: Sri Ramakrishna Pramhansa, Swami Dayananda, Rabindra Nath Tagore, Raja Ram Mohan Roy, Swami RamaTirtha, Maharishi Aurobindo, Swami Vivekananda, DadaBhai Nauroji, Gopa Bandhu Das, Bala Gangadhar Tilak, Mahatma Gandhi, Maharishi Ramana, Mahamana Madan Mohan Malaviya, Tamil poet Subramaniya Bharati, Netaji Subhash Chandra Bose, Swami Pranavananda, the great revolutionary Vinayak Damodar Savarkar, Thakkar Bappa, BhimRao Ambedkar, Mahatma Jyoti Rao Phule, Narayana Guru and the founder of RSS Dr. Keshav Baliram Hedgewar and his successor Sri " Guruji " Madhava Sadasiva Golwalkar.

There are many more devotees of Bharat Mata, whose name could not be recalled in the limited space here. Their hearts are in constant communion with God. Again there are numerous warriors who made the enemies of Bharat Mata bite the dust but today unfortunately we do not know their names. Still there might have been left out some important names of great social reformers and adept scientists through oversight. May our deep reverence and regards reach out to them daily.
This is the Unity Hymn. He who recites it daily with reverence and devotion will be firmly established in the Hindu Dharma. And in him the memory of Akhanda Bharat would never fade.

Victory to Universal Dharma

AMRUTA-VACHAN
(Inspiring words)

If one keeps firm, falls do not matter. One rises up again and goes forward.

- Sri. Aurobindo

When a man has begun to be ashamed of his ancestors, the end has come. Here I am one of the least of the Hindu race, yet proud of my race, proud of my ancestors. I am proud to call myself a Hindu, I am proud that I am one of your unworthy servants. I am proud that I am a countryman of yours. You are the descendants of the sages, you are the descendants of the most glorious Rishis the world ever saw.

- Swami Vivekananda

Stand up, assert yourself, proclaim the god within you, do not deny Him! Too much of inactivity, too much of weakness , too much of hypnotism has been and is upon our race. O ye modern Hindus, dehypnotize yourself. The way to do that is found in your own sacred books. Call upon the sleeping soul and see how it awakes. Power will come, glory will come... and everything excellent will come when this sleeping soul is roused to self-conscious activity.

- Swami Vivekananda

Our sacred motherland is a land of religion and philosophy - the birthplace of spiritual giants - the land of renunciation, where and where alone, from the most ancient to the most modern times, there has been the highest ideal of life open to man.

- Swami Vivekananda

Great things can be done by great sacrifices only. No selfishness, no name, no fame, yours or mine, nor my master's even. Work, work the idea, the plan, my boys, my brave, noble, good souls - To the wheel, to the wheel put your shoulders! Stop not to look back for name or fame or any such nonsense. Throw yourself overboard and work. Remember "The grass when made into a rope by being joined together can even chain a mad elephant".

- Swami Vivekananda

The Sangh's concept of Hindu Sanghatan is like re-vitalizing the heart of a patient who had a heart stroke. The Hindu is a giant not only in his numbers but also in every field of human endeavor-intellectual, moral, cultural and spiritual. But the heart - the consciousness of being the living limbs and organs of one corporate Hindu personality - has become weak. The Sangh feels that when once this heart is put in order, all the latent powers of every individual, every field of activity in the society will be surcharged with energy and dynamism.

- H.V.Seshadri

There is only one way by which selfishness can be restrained. Give the man an ideal to work for, to live and if need be to die for. Then that person in his devotion to that ideal will be able to control the pulls of his self interest and build up a better character. There is no other way.

- Param Pujaniya Guruji

The Hindu society lost and suffered humiliation due to the absence of awareness in the individual that he was a part of the nation and must do his duty towards it. It is necessary to inculcate the spirit of Nationalism and sense of discipline in the whole society, and thus pave the way for the evolution of an invincible nation.

- Param Pujaniya Doctorji

This life is short, the vanities of the world are transient, but they alone live who live for others, the rest are more dead than alive.

- Swami Vivekananda

The history of the world is the history of a few men who had faith in themselves. That faith calls out the divinity within. You can do anything. You fail only when you do not strive sufficiently to manifest infinite power. As soon as a man or a nation loses faith, death comes.

- Swami Vivekananda

Whatever you think, that you will be. If you think yourself weak, weak you will be; if you think yourself strong, strong you will be.

- Swami Vivekananda

The Vedanta teaches men to have faith in themselves first. As certain religions of the world say that a man who does not believe in a personal God outside of himself is an atheist, so the Vedanta says, a man who does not believe in himself is an atheist.

- Swami Vivekananda

A hundred thousand men and women, fired with the zeal of holiness, fortified with eternal faith in the Lord, and nerved to lion's courage by their sympathy for the poor and the fallen and the downtrodden, will go over the length and bredth of the land, preaching the gospel of salvation, the gospel of help, the gospel of social raising-up – the gospel of equality.

- Swami Vivekananda

The three prerequsities for the true reformer:

- Feel from the heart.
- You must know the remedy.
- Your motives should be pure and your will indomitable.

- Swami Vivekananda

You must not throw cold water on anybody's project. Give up criticism altogether. Help all as long as you find they are doing all right, and in cases where there seem to be going wrong, show them their mistakes **gently**. It is criticizing each other that is the root of all mischief. That is the chief factor in breaking down organizations...

- Swami Vivekananda

Those that want to help mankind must take their own pleasure and pain, name and fame, and all sorts of interest, and make a bundle of them and throw them into the sea, and then come to the Lord. This is what all the masters said and did.

- **Swami Vivekananda**

My faith is in the younger generation, the modern generation; out of them will come my workers. They will work out the whole problem, like lions. I have formulated the idea and have given my life to it. If I do not achieve success, some better one will come after me to work it out, and I shall be content to struggle.

- Swami Vivekananda

This is the time to decide your future while you possess the energy of youth, not when you are worn out and jaded, but in the freshness and vigor of youth. Work; this is the time, for, the freshest, the untouched and unsmelled flowers alone are to be laid at the feet of the Lord, and such He receives.

- Swami Vivekananda

Let us therefore take up a great ideal, and give up our whole life to it. Let this be our determination, and may He, the Lord, who "*comes again and again for the salvation of His own people*", to quote from our scriptures, may Krishna bless us, and lead us all to the fulfillment of our aims!

- Swami Vivekananda

I do not see into the future; nor do I care to see. But one vision I see clear as life before me, that the ancient Mother has awakened once more, sitting on Her throne rejuvenated, more glorious than ever. Proclaim Her to all the world with the voice of peace and benediction.

- Swami Vivekananda

A Winner's Creed

~author unknown

If you think you are beaten you are;
If you think you dare not, you don't;
If you'd like to win, but think you can't
it's almost a cinch you won't.

If you think you'll lose you're lost;
For out the world we find success begins
with a person's faith;
it's all in the state of mind.

Life's battles don't always go
to the stronger or faster hand;
They go to the one who trusts in God
and always thinks "I CAN"

What the greatest intellectuals of the world say about Hinduism….

(Source:: http://atributetohinduism.com/quotes1_20.htm)

Henry David Thoreau *(1817-1862), American Philosopher, Unitarian, social critic, transcendentalist and writer:*



"In the morning I bathe my intellect in the stupendous and cosmogonal philosophy of the Bhagavad Gita in comparison with which our modern world and its literature seems puny."

"Whenever I have read any part of the Vedas, I have felt that some unearthly and unknown light illuminated me. In the great teaching of the Vedas, there is no touch of sectarianism. It is of all ages, climes and nationalities and is the royal road for the attainment of the Great Knowledge. When I am at it, I feel that I am under the spangled heavens of a summer night."

Arthur Schopenhauer *(1788-1860), German philosopher and writer.*
He was one of the greatest philosophers of the 19th century.

"In the whole world there is no study so beneficial and so elevating as that of the Upanishads. It has been the solace of my life -- it will be the solace of my death."



Ralph Waldo Emerson*, (1803-1882) author, essayist, lecturer, philosopher, Unitarian minister said this about the Gita:*



Ralph Waldo Emerson

" The Indian teaching, through its clouds of legends, has yet a simple and grand religion, like a queenly countenance seen through a rich veil."

Mark Twain (1835-1910) the American writer and humorist wrote:

"India, the land of religions, cradle of human race, birthplace of human speech, grandmother of legend, great grandmother of tradition. The land that all men desire to see and having seen once even by a glimpse, would not give that glimpse for the shows of the rest of the globe combined."

Mark Twain remarked: " India has two million gods, and worships them all. In religion all other countries are paupers; India is the only millionaire."

Dr. Arnold Joseph Toynbee *(1889-1975) the great British historian. His massive research was published in 12 volumes between 1934 and 1961 as 'A Study of History'. Toynbee was a major interpreter of human civilization in the 20th century.*

"It is already becoming clear that a chapter which had a Western beginning will have to have an Indian ending if it is not to end in self-destruction of the human race. At this supremely dangerous moment in human history, the only way of salvation is the ancient Hindu way. Here we have the attitude and spirit that can make it possible for the human race to grow together in to a single family."

Annie Wood Besant (1847-1933), George Bernand Shaw regarded her the " greatest woman public speaker of her time." Was a prominent leader of India's freedom movement, member of the Indian National Congress, and of the Theosophical Society, said on India and Hinduism :



"After a study of some forty years and more of the great religions of the world, I find none so perfect ,none so scientific, none so philosophical and no so spiritual that the great religion known by the name of Hinduism. Make no mistake, without Hinduism, India has no future. Hinduism is the soil in to which India's roots are stuck and torn out of that she will inevitably wither as a tree torn out from its place. And if Hindus do not maintain Hinduism who shall save it? If India's own children do not cling to her faith who shall guard it. India alone can save India and India and Hinduism are one. "

Jules Michelet*, (1789-1874), French writer, the greatest historian of the romantic school said:*

"At its starting point in India, the birthplace of races and religions, the womb of the world." 24

Will Durant, (1885-1981) American historian

"India was the motherland of our race, and Sanskrit the mother of Europe's languages: she was the mother of our philosophy; mother, through the Arabs, of much of our

mathematics; mother, through the Buddha, of the ideals embodied in Christianity; mother, through the village community, of self-government and democracy. Mother India is in many ways the mother of us all."

***Aldous Huxley** (1894-1963) the English novelist and essayist*

"The Bhagavad-Gita is the most systematic statement of spiritual evolution of endowing value to mankind. The Gita is one of the clearest and most comprehensive summaries of the spiritual thoughts ever to have been made."

Alfred North Whitehead (1861-1947), British mathematician, logician and philosopher best known for his work in mathematical logic and who, in collaboration with Bertrand Russell, authored the landmark three-volume Principia Mathematica, (1910, 1912, 1913).

" Vedanta is the most impressive metaphysics the human mind has conceived." 31

Sir Monier-Williams (1860-1888), Indologist and head of the Oxford's Boden Chair said:

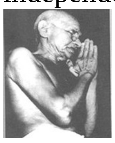
"The strength of Hinduism lies in its infinite adaptability to the infinite diversity of human character and human tendencies."

Romain Rolland,(1866-1944) French Nobel laureate, professor of the history of music at the Sorbonne and thinker. He authored a book on the "Life of Ramakrishna".

"If there is one place on the face of the earth where all the dreams of living men have found a home from the very earliest days when man began the dream of existence, it is India. Let us return to our eagle's nest in the Himalayas.

"Religious faith in the case of the Hindus has never been allowed to run counter to scientific laws."

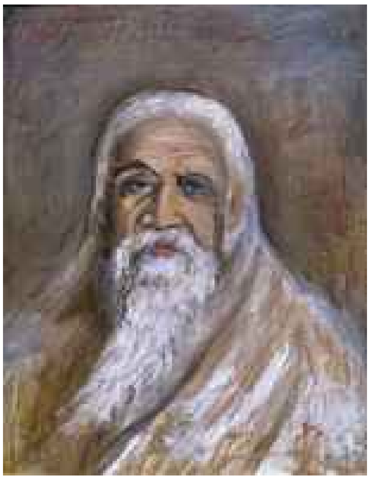
Mahatma Gandhi: (1869-1948) Was among India's most fervent nationalists, fighting for Indian independence from British rule said:



"Hinduism is a relentless pursuit of Truth. "Truth is God".

"The Geeta is the universal mother. I find a solace in the Bhagavadgeeta that I miss even in the Sermon on the Mount. When disappointment stares me in the face and all alone I see not one ray of light, I go back to the Bhagavad Gita. I find a verse here and a verse there, and I immediately begin to smile in the midst of overwhelming tragedies - and my life has been full of external tragedies - and if they have left no visible or indelible scar on me, I owe it all to the teaching of
Bhagavadgeeta."

Sri Aurobindo: (1872-1950) most original philosopher of modern India. Education in England gave him a wide introduction to the culture of ancient, or mediaeval and of modern Europe.
" That which we call the Hindu religion is really the Eternal religion because it embraces all others."



Fritjof Capra, (1939-) the famous theoretical high-energy physicist, author of The Tao of Physics, The Turning Point and, more recently, The Web of Life. He is co-director of the Center for Eco-Literacy in Berkeley.
"I saw cascades of energy coming down from outer space, in which particles were destroyed and created in rhythmic pulses; I saw the atoms of the elements and those of my body participating in this cosmic dance of energy; I felt its rhythm and I heard its sound, and at that moment I knew that this was the Dance of Shiva, the Lord of Dancers."

Dr. Carl Sagan, (1934-1996) astrophysicist, in his book "Cosmos"says:

"The Hindu religion is the only one of the world's great faiths dedicated to the idea that the Cosmos itself undergoes an immense, indeed an infinite, number of deaths and rebirths. It is the only religion in which the time scales correspond, to those of modern scientific cosmology. Its cycles run from our ordinary day and night to a day and night of Brahma, 8.64 billion years long. Longer than the age of the Earth or the Sun and about half the time since the Big Bang. And there are much longer time scales still."

Rama's devoted crow

Prince Rama was looked upon as God embodied on earth. Not only human beings were devoted to him, but also many of the animal kingdom. One of those was a crow. The story goes like this:

One day Rama and his younger brother Lakshman were walking beside Lake Pampa. Lakshman noticed on the other side of the lake a large crow, behaving strangely. It would run up to the water, look at it, bend its head, and then run back into the forest without drinking. It was seen to do this several times. So Lakshman (who had great respect for his brother's opinions) asked Rama what he could make of it. Why should a bird act like that? Rama gave one look at that crow and said, "Oh, I can tell you: this one is very devoted to me, so much so that he has my name constantly upon his tongue. Just now he is thirsty, quite thirsty. But to drink the water he would have to interrupt his repeating of my name, and he just cannot bear to do that."

SOORYA NAMASKAR

Surya Namaskar is a combination of few Yogasana postures. This is a well balanced set of movements that will stretch all the muscles in the body and keep the body and mind healthy. There are 13 mantras which are different names of Sun God. We should chant a mantra before each Surya Namaskar.

ॐ मित्राय नमः	om mitrāya namaḥ
ॐ रवये नमः	om ravaye namaḥ
ॐ सूर्याय नमः	om sūryāya namaḥ
ॐ भानवे नमः	om bhānave namaḥ
ॐ खगाय नमः	om khagāya namaḥ
ॐ पूष्णे नमः	om pūṣṇe namaḥ
ॐ हिरण्यगर्भाय नमः	om hiraṇyagarbhāya namaḥ
ॐ मरीचये नमः	om marīcaye namaḥ
ॐ आदित्याय नमः	om ādityāya namaḥ
ॐ सवित्रे नमः	om savitre namaḥ
ॐ अर्काय नमः	om arkāya namaḥ
ॐ भास्कराय नमः	om bhāskarāya namaḥ
ॐ श्री सवितृ सूर्य नारायणाय नमः	om śrī savitṛ sūrya nārāyaṇāya namaḥ

Soorya Namaskar Sthiti (Starting Posture):
From Aarama, come to Soorya Namaskar-Sthiti (starting posture) in 3 counts: Ek-Do-Teen. These are the actions to be performed in three counts.



एक Ek: Join the heels, hands on the side, fingers facing down and palm open.

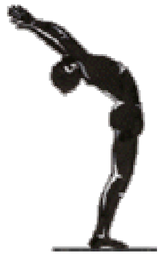
दो Do: Join the toes.

तीन Teen: Join your hands to form Namaste position. Palms should be pressing against each other and the thumb joint should be at sternum (Solar Plexes).

In this posture, breathing is normal and slow. Face should be normal and relaxed.

"You will be nearer to Heaven through football than through the study of the Gita. … You will understand the Gita better with your biceps, your muscles a little stronger." - Swmi Vivekananda

Following is a brief description of 10 steps in Surya Namaskar.



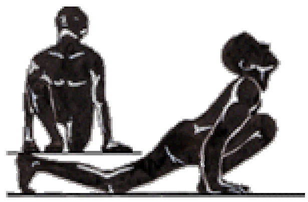
एक (Ek): As you breathe in...

Slowly raise your hands with biceps touching the ears and hands in namaste posture. Slowly bend backwards from your waist. Do not bend the knees. Look towards your palm.



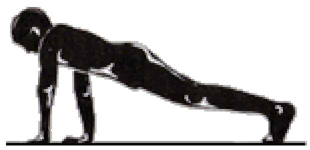
दो (Do): Whie breathing out...

Slowly bend forward from the waist. Try to touch your palm to the floor on either side of your legs. Do not bend the knees. Nose should touch the knees. People with back problems should not bend too much. Bend only as much it is comfortabe.



तीन Teen: As you breathe in...

[Note: The description is for odd numbered namaskars (1st, 3rd, 5th, etc.)
For even numbered ones (2nd, 4th,..) interchange left and right leg]
Take your left foot back. Left kneee should touch the floor. Two palms should be completely on the ground and the right foot should be in between the two hands. Fingers should be pointing to the front. Lean forward on the right knee, so that calf and thigh muscles press against each other chest rests on the thigh. Look up and make a concave on your back.



चार Chaar: Whie breathing out...

Take right foot back and join with left foot. Arms should be straight. Most of the weight will be on the arms. The body should be in one plane like a slide.
Look 5 feet in front of you on the floor.

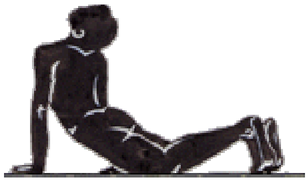


पांच Paanch: Hold your breath

Bend your arms and touch your feet, knees, chest and forehead to the ground. Do not touch abdomen or nose (you don't want to breathe in the dust!)

छे Che: As you breathe in...

Come forward and bend back as much as you can. Abdomen should come between your hands. Look back from the top. Two legs should be joined.



सात Saat: Whie breathing out...

Form a mountain like posture. Push your chin towards the chest. Heels should touch the floor.



आठ Aat: As you breathe in...

[Note: The description is for odd numbered namaskars (1st, 3rd, 5th, etc.)
For even numbered ones (2nd, 4th,..) replace left leg with right leg]
bring your left foot forward all the way between the hands. Exactly like teen.



नौ Nau: While breathing out...

Bring the right foot forward and stand up as in Do.



दस Das:

Back to Soorya Namaskar Sthiti.



At the end of all the Soorya Namaskars, give the command "Aarama" Ek-Do-Teen.
Ek: Drop the hands on your sides. Palm facing down.
Do: Spread the toes and form V-Shape with the feet.
Teen: Aarama position

“You will be nearer to Heaven through football than through the study of the Gita. … You will understand the Gita better with your biceps, your muscles a little stronger.” - Swmi Vivekananda

Sanskrit Commands used in Bala-Gokulam

There is an air of orderliness and collectivity in all the Bala-Gokulams. Use of some of the Sanskrit commands make it more organized and enjoyable. These commands can be used during games, when we have to make children stand in a line or make two teams, form a circle, etc. Use of these commands will enable the Shikshak to get the formation done quickly.

MANDALA:
Every one hold each others hands and form a circle.

SAVADHAN:
When this command is heard, every one should pay attention to the Shikshak. This command is generally followed by another command or instructions

DAKSHA
Stand in Attention posture with heels together and feet forming a 30 degrees angle between them.

AARAMA
From the Daksha position slide the left leg 30 cm on the left hand side maintaining equal weight on both feet simultaneously take the arms at the back the right hand resting on the left palm.

EKASHAHA SAMPAT
Every one will come running in front of shikshaks to form one straight line. The tallest person shall stand three steps away directly facing the shikshak. All others shall stand to the left of this first person in the order of height. Every one will do AARAMA.

PURAS SARA, PRATISARA, DAKSHINA SARA, VAMA SARA
While Going backward or forwards, the movement starts with the left leg. In any of the movements, the arms should not be moved.
(i) EK(DWI,TRI,CHATUS) PADA PURAS(PRATI) SARA
Take one (two,three,four) steps forward(backwards)
(ii) EK(DWI,TRI,CHATUS) PADA DAKSHINA (VAMA) SARA
The right(left) leg is moved 30 cms to the right(left) and then the left (right) leg brought together to come in DAKSHA. This movement is repeated upto four times depending on order given.

SANKHYA :
One by one start counting by calling out EK,DO,TEEN…

Splitting the lines into two groups
(i) GANA VIBHAG
As in sankhya but call out EK,DO,EK,DO…

(ii) DWI TATI EK,DO,TEEN
All EK numbered persons shall move two steps forward.

My Friends at Bala-Gokulam

Name	Phone	Email

"You will be nearer to Heaven through football than through the study of the Gita. … You will understand the Gita better with your biceps, your muscles a little stronger." - Swmi Vivekananda

Web Resources for Bala-Gokulam

www.balagokulam.org	All about Bala-Gokulam
www.hssworld.org	Hindu Swayamsevak Sangh
www.hindukids.org	Stories, Books, Pictures and more …
www.atributetoHinduism.com	Excellent article, Quotes, etc.
www.hindunet.org	Everything you need about Hinduism
http://www.hindubooks.org/bansi_pandit/hindu_dharma/	"Hindu Dharma" by Bansi Pandit
www.hindumythology.com	Stories from Hindu Puranas and more
www.hindubooks.org	Online Books on Hinduism
http://www.hindubooks.org/hinduqa/index.htm	Hinduism through Q&A
www.divinedawn.org/surya_namaskar.htm	All about Sun God. Gayatri mantra, Surya Namaskar, etc.
www.hindunet.org/festivals/	Hindu festivals, Dates, etc.
www.bhajans.org/	Bhajans Online
www.hindutwa.com/	Well researched material about Hindu culture, history, etc.
www.hanuman.com	All about Hanumanji
www.mysticindia.com/yoga/postures.htm	Yogasana Postures
www.tandurusti.com/	Yoga, Exercises, Naturopathy
www.santosha.com/asanas/asana.html	Yogasana
Hindunet.org/hindu_pictures/	Hindu Pictures
www.hindukids.org/grandpa/index_panchatantra.html	Panchatantra Stories
www.hindubooks.org/sudheer_birodkar/india_contribution/index.html	Ancient India's Contribution
www.freeindia.org/biographies/	Biographies of Great People
www.hindubooks.org/david_frawley/arjuna/	"Arise Arjuna" by Dr.David Frawley
www.hindubooks.org/hinduism_simplified/hinduism_simplified_questions.html	"Hinduism Simplified"
www.geocities.com/SoHo/Lofts/6834/	Hindu Pictures
sanskrit.gde.to/	All Stotras, Subhashitas and other Sanskrit Documents
www.pitara.com	Stories, coloring, arts, humor for children
www.netfundu.com	Riddles, tricks, coloring, humor, etc.

"You will be nearer to Heaven through football than through the study of the Gita. … You will understand the Gita better with your biceps, your muscles a little stronger." - Swmi Vivekananda

Topic: Date:

Notes

Topic: Date:

Notes